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EVERYDAY FOODS
in the
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PHILIPPINES

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BY

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To my Beloved Mother

FOREWORD

The modern science of nutrition has made it possible to define the proper diet for the health and maximum efficiency of man. Technical knowledge in this field keeps constantly accumulating. It therefore remains a serious responsibility on the part of practical nutritionists to convey this knowledge to the people. This is a task of paramount importance especially here in our country in view of the fact generally accepted by authorities that our faulty food habits constitute one of the foremost contributory factors to the problems of malnutrition.

It is gratifying to note the progress of nutrition research in the Philippines. To cite one example, studies conducted by chemists since the early twenties on food composition have made it possible to properly assess the nutritional value of our common local foods. Hand in hand with these studies, home economists sought to compile our common and popular recipes. The above two sets of information have in recent years enabled the home economists to achieve an appreciable degree of standardization of our Philippine recipes. This book on "Everyday Foods in the Philippines" represents a signal step towards this objective. Recipes presented here include, not only the combination and utilization of foods of good nutritional value, but also consider the ease of food preparation.

This book goes farther than merely presenting recipes and their absolute nutritive values. The application of the share method for expressing the nutritive value of food overcomes the difficulty of presenting the amount of food needed to meet our dietary standards, such as those advocated by the National Research Council of the Philippines or the Institute of Nutrition. The author's illustrations of the application of the share method for meal planning are certainly a great boon, especially for the layman.

The foregoing contents of this book makes it of extreme practical value to the housewife and others charged with the responsibility of meal planning. It constitutes an excellent example of the local application of the modern science of nutrition and an effective manner of "bridging" it to the people.

(Sgd.) JUAN SALCEDO, JR.
Secretary of Health

PREFACE

There has been a great demand for information regarding the nutritive value of Philippine dietaries. I have received several inquiries regarding the food values of local recipes. Most of these inquiries have come from teachers of Home Economics in colleges and high schools and dietitians in hospitals.

In response to these needs, this volume has been worked out.

Food values of recipes in shares based on the dietary allowances for Filipinos recommended by the Nutrition Section of the National Research Council of the Philippines have been determined. The recipes have been tried several times to insure consistent products.

I wish to acknowledge my obligation to all who contributed to the accomplishment of this piece of work.

P. T. PEREZ

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KEY TO ABBREVIATIONS

c.—cup
T.—tablespoon
t.—teaspoon
lb.—pound
gm.—gram
mcg.—microgram
mg.—milligram
kg.—kilogram
wghts.—weights
sm.—small
l.—large

med.—medium
sz.—size
r.—red
y.—yellow
E.P.—edible portion
A.P.—as purchased
gt.—ganta
cals.—calories
carb.—carbohydrates
F.—fat
vit.—vitamin

Ca—calcium
Fe—iron
Rib.—riboflavin
Nia.—niacin
oz.—ounce
N. R. C. P.—National Research Council of the Philippines
I. U.—International Unit
U. S. P.—United States Pharmacopoeia

KEY TO SYMBOLS FOUND IN FOOD VALUE TABLES OF RECIPES

* The food value of 3.2 grams of protein a share is used in calculating the number of shares of this nutrient in a recipe if 50% or more of the total protein come from vegetable sources. According to the recommendation of the Nutrition section of the National Research Council of the Philippines, an average Filipino should have a dietary allowance of 80 grams of protein if they come from vegetable sources and 60 grams if they come from animal sources. 1/25 of 80 grams is equivalent to 3.2 grams of protein in a share of vegetable protein.

† 50% of ascorbic acid is deducted from the total values of these recipes which are cooked as sautéed vegetables and 20% from raw vegetables and fruit dishes due to the effect of oxidation on vitamin C.

‡ Lower values of vitamin A are used if they come from precursors.

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CHAPTER I

INTRODUCTION

The desire for food drove the primitive man to go hunting for it in the forest, field and stream. It was his desire for food that taught him to domesticate animals in order to insure his future supply. It was also for the same reason that he eventually taught himself to cultivate the soil. For the last hundred years men have learned to improve little by little the methods of food preservation through the application of many sciences and thus secure release from the fear of famine.

The development of the sciences in chemistry, physiology, biology, physics, agriculture, home economics, medicine and engineering has resulted in great progress in the conquest of hunger. Canning foods and other methods of food preservation have not only prevented famine but have also helped to win wars.

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The sciences of chemistry and physiology have contributed extensively toward the discovery of vitamins and other nutrients needed for the proper development of the body. Studies on nutrition during the present century have contributed incalculably good results in the prevention and cure of many deficiency diseases. Through the publication of researches and international conferences, men of science have observed that certain deficiency diseases appear to be geographical. A few instances are: (a) the relatively few cases of rickets in the tropics and the great incidence of this disease in the temperate climate specially in crowded and smoky places where the sun cannot penetrate very readily; (b) the prevalence of beriberi among the rice eating populations of the world; (c) the great number of cases of pellagra in the corn eating region of the world specially in the southern part of the United States. Thru continuous researches, these scientists have been able to discover the causes of as well as the cures for, some of these deficiency diseases. In many parts of the world however, the remedies have not been readily

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or widely applied. For instance in the Philippines the beriberi death rate has increased steadily from year to year since 1906. In chart I, it will be noted that the straight line trend in the beriberi death rate extends to 1940. [redacted]

The recommendation of the Institute of Nutrition to educate the public in the use of vitaminized rice should receive the support of teachers and public health workers. The gratifying results of the experiment in Bataan tend to prove that beriberi can be averted by the use of vitaminized rice. In many parts of the Philippines rice is still pounded at home. This practice should be encouraged because by this method people are more likely to get necessary vitamins found in unmilled rice.

The dietary habits and methods of food preparation of a nation are handed down from generation to generation. Some of these habits should not be discouraged because they are desirable. In Mexico for instance, although the population is corn-eating, pellagra cases are few. The method of making *"tortillas"* from lime-treated corn is less pellagragenic for rats than untreated corn meal.[1]

In the Philippines, there are methods of food preparation and dietary habits which should be encouraged because they are desirable from the standpoint of retaining the nutrients. Some of these methods of food preparation and delicacies common in the Philippines are the following:

(a) Sautéed vegetables. This is better than boiling vegetables and discarding the boiling water. The minerals and the water soluble vitamins are preserved in the *guisado* method of cooking. Salads are nutritious if the vegetables are properly boiled.

(b) *Sinigang* meat or fish should be encouraged. The addition of sour fruit in the presence of bones in meat extracts the calcium from the bones. The same is also true of *pinaksiao.*

(c) The generous use of tomatoes in *guisado* meat or fish increases the vitamins A and C intake.

(d) The use of internal organs such as intestines, lungs, liver, heart, uterus and blood should be encouraged. Most of the internal organs are the reservoirs of vitamins and minerals.

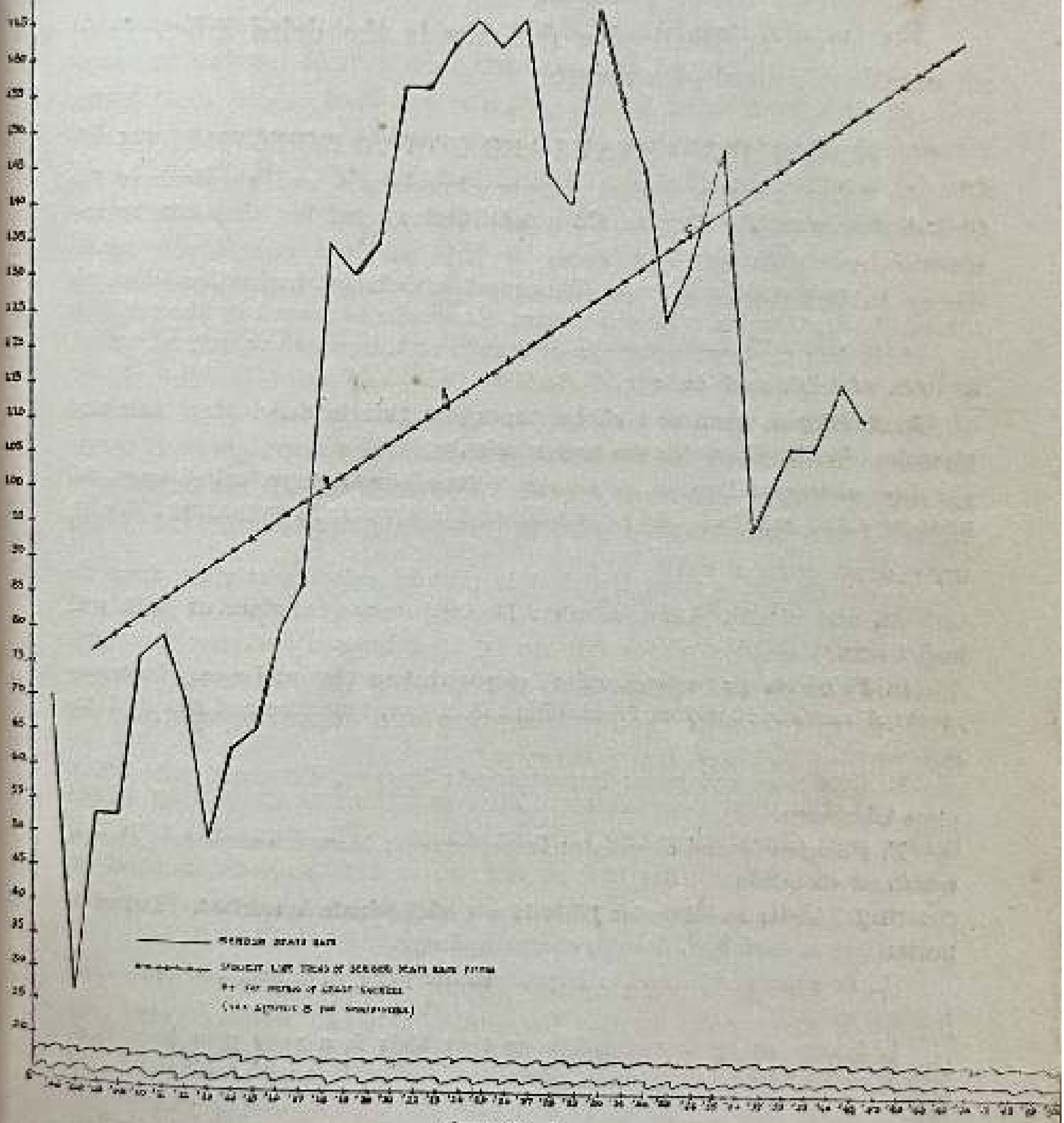
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CHART 1

The use of the uterus of cows in preparing *arroz kaldo* adds to the hormone intake needed by women at menopausal age.

(e) *Bagoong* as a Philippine delicacy should be encouraged. It is a good source of calcium.

(f) Another Philippine delicacy is the dried *dilis*. It is an excellent source of calcium.

TYPICAL FILIPINO MENUS AND HOW TO IMPROVE THEM

The following are typical Filipino breakfasts and suggestions for their improvement. They should not be discouraged but they can be improved.

A. *Champorado* and *tuyo*: This meal is deficient in iron, calcium vitamins A, B_1, C, reboflavin and niacin. It can be improved by the addition of a fruit dish preferably papaya or mango or the yellow variety of melon, a glass of milk and an egg.

B. *Sinañgag, tuyo* and chocolate; again this is deficient in calcium, vitamins A, B_1, C, riboflavin and niacin.

Improvement: Papaya, fried rice (vitaminized), tuyo, salted eggs, tomatoes and chocolate. Use more milk and less water in preparing the chocolate beverage.

C. Mango and *suman*: Deficient in protein, calories, calcium, iron, riboflavin and niacin. Improvement: Mango, *suman*, a glass of milk and boiled egg.

D. Fried *tinapa* or *tuyo*, salted egg with tomatoes and rice. Improvement: A serving of melon, fried dilis, salted egg, tomatoes and rice (vitaminized).

E. *Dinuguan* and *puto*: Improvement: Papaya, dinuguan, puto and a piece of cheese.

F. *Ensaimada* and *chocolate*: Improvement: Mango, *ensaimada*, cheese, eggs and chocolate.

G. *Bibingka* and *boboto*: This is a carbohydrate breakfast. Improvement: melon, *bibingka, boboto*, cheese and egg.

H. *Tamales* and *biscocho*: Improvement: papaya, *tamales, biscocho*, and a glass of milk.

I. *Suman sa latek* and coffee or tea: This is a very poor breakfast. Improvement: melon or papaya, *suman sa latek*, coffee with milk and boiled egg.

J. *Puto bungbong* and tea or coffee: Improvement: Papaya, *puto bungbong*, coffee with milk, cheese and fried egg.

K. Fried rice, fish *paksiao*, a piece of tomato and patis. This menu is dificient in calcium, Fe, vitamins A, B^1, C, and riboflavin and niacin. Improvement: Mango, fried rice (vitaminized) fish paksiao, a large tomato and *bagoong alamang*.

L. *Suman sa ibus* and *guinatan totong*: Both are carbohydrate foods. The meal contains nothing but calories. It is deficient in protein, calcium, iron and practically all the vitamins. Improvement: mango, *suman sa ibus* (vitaminized),*totong*, a glass of milk and boiled egg.

M. Fried rice and *batchoy*: Improvement: papaya, fried rice (vitaminized), *batchoy*, and a glass of milk.

N. Fried rice, fried fish and coffee: Improvement: papaya, fried fish, boiled rice (vitaminized), one large tomato and coffee with evaporated mlik.

O. Fried rice and *pork adobo*: Improvement: papaya, fried rice (vitaminized), pork *adobo* and a glass of milk for growing children. For adults: papaya, fried rice, pork *adobo, bagoong alamang.*

P. Fried rice, *dilis* and tomotoes: Improvement for adults: Papaya, fried rice (vitaminized) *dilis*, tomatoes, scrambled egg. For children: papaya, egg, boiled rice (vitaminized) dilis and tomatoes.

Q. Fried rice and beefsteak: Improvement: For both groups use vitaminized rice. For growing children, add papaya and a glass of milk. Use vitaminized rice or 4 tablets of yeast. For adults: add papaya, dilis and yeast tablets.

R. Fried pork, vinegar, garlic and fried rice. Improvement: Mango, or papaya, fried pork, *sinangag* and a glass of milk.

S. Chicken *adobo* and fried rice: Improvement: papaya, chicken *adobo*, fried rice (vitaminized) a glass of milk and 4 yeast tablets after breakfast.

TYPICAL LUNCH AND SUPPER

A. *Guisado mongo*, fish *escabeche* or fish *paksiao, patis and rice.* Improvement: For adults: Use vitaminized rice, and green leaves like *kankong* or spinach in the mongo *guisado*, and *bagoong alamang* instead of *patis* and serve peanut brittle. For children: Same as adults except an additional glass of milk.

B. *Pansit bijon*, rice and fried fish: Poor in calcium, iron, vitamins A, B_1, C, riboflavin and niacin. Improvement: vitaminized rice, fried fish, alamang with tomatoes and lettuce.

C. Rice, *pancit*, fried *lumpia* and banana: Improvement: Fried *lumpia*, *pansit*, papaya and a glass of milk (leave out the rice).

D. Fresh *lumpia*, rice, fried fish: Improvement Fresh *lumpia*, vitaminized rice, fried fish, papaya jam and a glass of milk.

E. *Lechon with* liver sauce, *pesa* chicken and rice. This is a predominantly protein dinner and quite expensive. Suggestions: *Lechon* with liver sauce, stringbeans salad, rice and a glass of milk.

F. *Kari-kari, bagoong alamang*, green mango and rice. Improvement: Use ice cream as dessert.

G. Fried fish and rice: Improvement: Fried fish, vitaminized rice, *kangkong* salad with tomatoes and *alamang* and *naranjita.*

H. *Tapa* with vinegar, rice and banana. Improvement: *Tapa,* vitaminized rice, kamote leaves salad with tomatoes and papaya with milk.

I. Fried shrimps, rice, *nata de piña (preserved).* Improvement: Fried shrimps, vitaminized rice, alugbati salad with tomatoes, papaya milk shake.

CHAPTER II

DIETARY STANDARDS FOR FILIPINOS

The average intake of Filipinos per day as shown by different surveys (Table I) conducted in the Philippines since 1909 may be summarized as follows:

Calories	2,482
Protein (gms.)	76
Fat (gms.)	33
Carbohydrate (gms.)	467

Thus 12 per cent of the calories come from protein, 75 per cent from carbohydrates, and 12 per cent from fat. Some authorities believe that the protein intake of 76 grams a day may not be the representative figure. They dietary standard for protein for a moderately active American adult recommended by the Food and Nutrition Board of the National Research Council of America requires that 9 per cent of the total calories should come from protein.

CALORIE REQUIREMENT

On June 23, 1939, a special committee of the Nutrition Section of the National Research Council of the Philippines approved a dietary standard for Filipinos in which a daily calorie intake of 2,600 calories (2,000 calories as basic requirement and 600 calories supplement for moderate activity) and a daily protein intake of 80 grams (1.5 gms. per kg. of body weight) were recommended for an average Filipino adult weighing 53 kilograms and leading a moderately active life.

In view of the pressing needs for dietary standards applicable for Filipinos the Nutrition Section of the National Research Council of the Philippines deemed it proper to lay down the above tentative standards based largely on the "Physiological Bases of Nutrition" which was approved by the Health Organization of the League of Nations (2). Due consideration was given to the smaller body weight and stature of Filipinos as compared with Europeans and Americans and to the results of dietary surveys conducted in the Philippines.

TABLE I.—*Studies on Protein, Fat, Carbohydrate and Calorific Intake of Filipinos*

YEAR AND REFERENCES	PROTEIN gms.	FAT gms.	CHO gms.	CALORIES
1909 (3) Bilibid Prisoners	75	27	—	2,647
1919 (4) Nutrition of Filipinos ...	52	14	352	1,799
1922 (5) Los Baños, C. A. Students	78	38	506	2,675
1923 (6) Students at Yale	78	—	—	2,090
1930 (7) Agricultural Students ...	82	—	—	—
1932 (8) Filipino Athletes	114	81	494	3,246
1933 (9) Bilibid Prisoners	91	49	602	3,000
1936 (10) College Students	83	42	374	2,317
1936 (11) Laborers in				
Sta. Catalina, Ilocos Sur .	60	15	456	2,193
Paoay, Ilocos Norte	70	25	443	2,387
Pototan, Iloilo	54	13	370	1,831
1937 (12) Welfareville Inmates ...	86	48	418	2,505
1937 (13) Philippine Constabulary Ration				
1938 (14) Paco Families, Manila ..	63	33	377	2,107
1939 (15) Calabanga Laborers (Camarines Sur)	70	33	564	2,895
1939 (16) Macrohon Families, Leyte	76	21	420	2,223
1940 (17) Families in Ramain, Lanao	99	20	592	3,032
1941 (18) Laborers of Catabangan Ragay in Camarines Sur	75	29	478	2,513
Average	76	33	467	2,482

The basic requirement of 2,400 calories recommended by the League of Nations (2) was reduced to 2,000 calories net per day to conform to the smaller body weight and stature of adult Filipinos. Hence an average Filipino male or female of sedentary habits will require only 2,000 calories net per day. But if he or she is engaged in some occupation involving muscular activity, additions must be made to this basic requirement.

The following supplements to the basic requirement based on the recommendations of the League of Nations (2) were recommended by the Nutrition Section of the National Research Council of the Philippines. These supplements are necessary to provide for muscular activity.

TABLE II

Light work	Up to 75 calories per hr. of work
Moderate work	75–150 calories per hr. of work
Hard work	150–300 calories per hr. of work
Very hard work	300 and up calories per hr. of work.

Domestic work, clerical work, bookbinding, and tailoring are classified as "light work." Physical exercises are rated as "moderate work" while all sports fall under "hard work." 600 calories (75 calories x 8 hours) per day may be taken as an average supplement for the muscular activity of a moderately active adult Filipino. Thus, an average Filipino, male or female, engaged in some occupation involving moderate work will require daily an average of 2,600 calories.

CALORIE REQUIREMENT OF VULNERABLE GROUPS

In 1939 the Nutrition Section of the National Research Council of the Philippines recommended that the basic figure of 2,000 calories for the requirement of adult Filipino should be taken as unity and from this value the energy requirement of children of various ages could be calculated by using the coefficients from Table III.

Let x = dietary allowance
a = 2,000 calories, net calories for Filipinos recommended by the Nutrition Section of the N. R. C. P.
b = Coefficient recommended by the Health Organization of the League of Nations (Column 2, table III)
c = Allowance coefficient adjusted to meet those recommended by the Health Organization of the League of Nations (See Column 4 table IV.)

The Formula is:

$a \times b = ab$, basic requirement for Filipinos
$x = a \times b + c \times 8$ hours
x = dietary allowance for Filipinos.

By using the above formula Tables III, IV and V were obtained.

TABLE III

AGE IN YEARS	b COEFFICIENT	a × b (BASIC REQUIREMENT IN CALS. FOR FILIPINO CHILDREN)
1–2	0.35	700
2–3	0.42	840
3–5	0.50	1,000
5–7	0.60	1,200
7–9	0.70	1,400
9–11	0.80	1,600
11–12	0.90	1,800
12–up	1.00	2,000

It was recommended further that allowance for the muscular activity of every child and adolescent must be made. This allowance should be added to the basic requirement in Table III to obtain the total calorie requirement for the day. Activities of children of both sexes from 5-11 years may be considered equivalent to light work, those of boys from 11-15 years as moderate work, and those of girls 11-15 years upwards light work. Table IV was evolved as a result of the above recommendations of the National Research Council of the Philippines. In the choice of allowance coefficients based on Table II as recommended by the League of Nations, consideration was given to

TABLE IV

SEX	AGE IN YEARS	a × b BASIC REQUIREMENT (fr. Tbl. III)	c ALLOWANCE COEFFICIENT*	c × 8 hrs. ALLOWANCE COEFFICIENT × 8 HRS.	x DIETARY ALLOWANCES
Boys & Girls	5–7	1,200	50	400	1,600
" " "	7–9	1,400	50	400	1,800
" " "	9–11	1,600	65	500 **	2,100
Girls	11–12	1,800	65	500 **	2,300
"	11–up	2,000	65	500 **	2,500
Boys	11–12	1,800	75	600	2,400
"	12–up	2,000	75	600	2,600

* The above figures were calculated to be sufficient for these ages. These "allowance coefficients" are actually the number of calories allowed per hour of work.

** The nearest 100 was taken.

the several factors such as (a) the small stature of Filipino children, and (b) the low basal metabolic rate of the Filipinos (19) which may also be applicable to children.

Pregnant and nursing mothers are given the following coefficients:

	b *Coefficient*	*a* × *b* *Basic Requirement*
Pregnant mother	1.00	2,000
Nursing mother	1.25	2,500

In addition to the above requirement, allowance for mothers (pregnant and nursing) engaged in household activities must be made.

The amount of household duties may be considered as equivalent to light work for 8 hours daily. See Table V.

TABLE V

	BASIC REQUIREMENT	*c* ALLOWANCE COEFFICIENT* *calories*	COEFFICIENT *c* × 8 hrs. ALLOWANCE × 8 HRS. *calories*	*x* BASIC REQUIREMENT + ALLOWANCE COEFFICIENT
Pregnant ...	2,000	40	300 *	2,300
Nursing	2,500	40	300 *	2,800

* The nearest 100 was taken.

During the early part of September, 1941, members of the Committee on Nutrition of the National Research Council of the Philippines were appointed to study further the recommendations made by the section of nutrition in 1939. On October 3, 1941, the Committee, after several meetings approved the daily allowances for specific nutrients. This recommendation may be noted in Table VI.

REQUIREMENT AND STANDARDS FOR PROTEIN

According to the members of the Committee of the Nutrition Section of the National Research Council of the Philippines who drafted the Dietary Allowances for specific nutrients for Filipinos, the League of Nations' proposed standards of 1 gram of protein per kilogram of body weight may not be sufficient to meet fully the physiological needs of an adult Filipino because the protein content of the average Filipino diet is pre-

TABLE VI.—*Recommended Daily Allowances for Specific Nutrients*
Section of Nutrition, National Research Council, Manila, Philippines (Approved October 3, 1941)

	CALORIES	PROTEIN Gm.	CALCIUM Gm.	IRON mg.	VITAMIN A I. U.	THIAMINE B_1 mg.	ASCORBIC ACID (c) mg.	VIT. D** I. U.	RIBOFLAVIN*** mg.	NIACIN*** mg.
Man (53 kgs.)										
Moderately active	2,600	80 *	0.7	12	4,000	1.6	60	—	2.7	18
Very active	3,400	80 *	0.7	12	4,000	2.0	60	—	3.3	23
Sedentary	2,100	80 *	0.7	12	4,000	1.3	60	—	2.2	15
Woman (45 kgs.)										
Moderately active	2,300	70 *	0.7	12	4,000	1.4	55	—	2.2	15
Very active	3,000	70 *	0.7	12	4,000	1.8	55	—	2.7	18
Sedentary	1,900	70 *	0.7	12	4,000	1.1	55	—	1.8	12
Pregnancy (latter half) .	2,300	90	1.4	15	5,000	2.0	90	300–600	2.5	18
Lactation	2,800	120	2.0	15	7,000	2.0	140	300–600	3.0	23
Children up to 12 years										
Under 1 year	100/kg.	4/kg. body wt.	1.0	6	1,500	0.6	20	300–600	0.6	4
1– 3 years	1,200	40	1.0	7	2,000	0.5	35	—	0.9	6
4– 6 years	1,400	50	1.0	8	2,500	0.6	40	—	1.2	8
7– 9 years	1,800	60	1.0	10	3,000	0.8	55	—	1.5	10
10–12 years	2,300	70	1.2	12	4,000	1.0	70	—	1.8	12
Children over 12 years										
Girls—										
13–15 years	2,500	90	1.3	15	4,500	1.1	75	—	2.0	14
16–20 years	2,200	85	1.0	15	4,000	1.0	75	—	1.8	12
Boys—										
13–15 years	2,800	100	1.4	15	5,000	1.3	85	—	2.4	16
16–20 years	3,600	120	1.4	15	6,500	1.6	100	—	3.0	20

* Sixty grams of protein is believed to be sufficient if they come from animal sources.

** The Committee did not consider it necessary to set dietary allowance for Vitamin D because sunshine abounds in the Islands. Only the infants, pregnant, and lactating mothers are the groups which, in the opinion of the committee, need vitamin D for proper growth and development.

*** The last two columns were recommended by the Committee appointed by the Philippine Association of Nutrition in 1947.

ponderantly of plant origin. Since proteins of plant origin are not as nutritionally efficient as proteins of animal origin, it was recommended that the League of Nations' standards be raised to 1.5 grams per kilogram of body weight. Therefore 53 kilograms body weight would require 80 grams of protein per day. It was further recommended that 50% of the total protein should be derived from animal sources. Therefore an average adult Filipino should have an intake of 40 grams of protein from vegetables and 40 grams of protein from animal sources according this pre-war recommendation. In 1947, the Philippine Association of Nutrition appointed a committee to review the literature on nutrition and to modify the standard, particularly in protein. The committee decided to indorse the pre-war recommendation of the Nutrition Section of the National Research Council of the Philippines of 80 grams of protein if the sources are preponderantly vegetables. However, the committee decided to attach a footnote stating that 60 grams of protein are sufficient if they come from animal sources. In 1951 the Institute of Nutrition recommended a daily intake of 55 grams of protein for an average Filipino weighing 53 kilograms. According to the latest recommendation of the Food and Nutrition Board of the National Research Council of America 70 grams of protein daily is believed sufficient for an average American weighing 70 kilograms. In view of his small stature and the kind of protein an average Filipino is likely to consume, it is believed that 60 grams of protein as recommended by the Philippine Association of Nutrition would be sufficient to supply the necessary amount of protein for an average Filipino weighing 53 kilograms. The table on shares seen in table XII, Chapter V is based on 60 grams of protein a day.

MINIMUM PROTEIN REQUIREMENT

Early experiments had shown that healthy adults maintain a nitrogen balance on diets furnishing 0.5 grams of protein per kilogram of body weight. The proteins used were not of the highest nutritional efficiency (20, 21, 22). Hegsted made a study of the protein requirement of adults whose basal diet was devoid of animal protein and was consequently low in protein content (23). The results of this experiment showed that a man weighing 70 kilograms would need 29.3 to 32 grams of protein a day. This minimum requirement should not be taken as the standard because this is intended for, the emergency level. It can be taken for a short time but not for a long period.

HIGH PROTEIN DIET

Several investigators presented evidence that an adequate intake of dietary protein is the first line of defense against infection (24, 25, 26, 27, 28). Prolonged protein depletion in rats diminishes the ability of the animal to synthesize antibodies (hemolysins) (27, 28). The impressive reports of Wissler et al (28) proved the relationship between protein reserves and antibody globulin synthesis and the protein needs of undernourished persons for protection against infection such as tuberculosis. The manufacture of normal serum globulin is dependent upon the utilization of an adequate assortment of amino acids (29). A high protein diet is essential to safeguard the organism against infection (30) and contributes greatly to good health (31). Realizing the importance of a high protein diet, the U.S. Army provided 131 grams of protein a day per person (32). In the Philippines the deplorably high mortality rate from tuberculosis is everywhere evident. Starvation and protein scarcity are associated with the high incidence of infection in extreme degrees of poverty and also under conditions of war. Chart II shows the graph of the death rate of tuberculosis from 1906 to 1949. It will be noted that the upward trend started at the beginning of the first world war in 1914 and reached the maximum level in 1918 at the close of the war. During the war the importation of milk from the United States was reduced drastically. The graph went down immediately after the first world war and when large quantities of canned and powdered milk became available once more. The downward trend is also noticeable after the second world war. This time there seem to be three reasons for the downward trend:

(a) The fact that people have become more nutrition conscious than before.

(b) The importation of large quantities of canned milk after the war.

(c) The discovery of some drugs in the cure of tuberculosis.

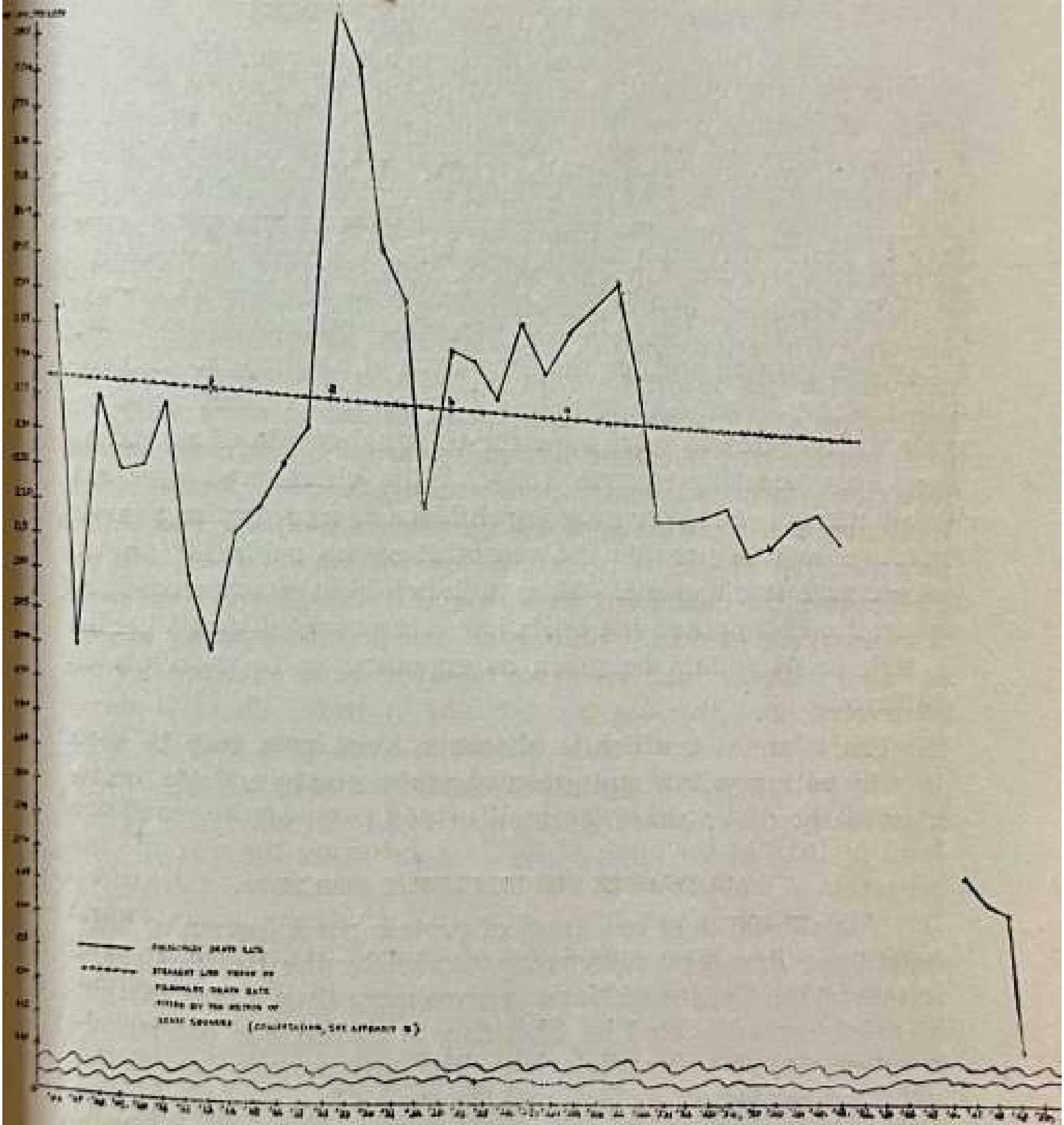
PHILIPPINE DEATH RATE
STRAIGHT LINE TREND OF PHILIPPINE DEATH RATE FITTED BY THE METHOD OF LEAST SQUARES (COMPUTATION, SEE APPENDIX B)

CHART 2

In the Archipelago where milk, eggs, cheese are scarcely found in the diet, a high protein intake is highly recommended.

PROTEIN NEEDS OF GROWING CHILDREN

Lowered activity of the antibody producing mechanism has been observed in protein deficiency during the period of rapid growth. Well fed animals were definitely superior to underfed ones in forming agglutinins (26). When children are exposed to infection, even the well fed are affected, but if they have to resist infection while they are in a state of undernutrition, their ability to fight the invading organisms will be greatly diminished due to lack of essential amino acids necessary for proper growth and for the formation of antibodies. Supplements of soy beans and eggs to a Bengali diet consisting of cereals and vegetables were superior to supplements of soy beans alone in promoting growth (33). Milk, cheese and eggs are highly recommended for growing children as a protection against infection and to provide the essential amino acids for proper growth and development. Skim milk is highly recommended for use in the Philippines due to its low cost provided that Vitamin A rich foods should be given as supplements to the diets of children.

The vitamin A which is absent in skim milk may be supplied by eating yellow and green vegetables or by a daily intake of cod liver oil or shark liver oil or red palm oil.

ALLOWANCE FOR DIFFERENT GROUPS

The allowance of one gram of protein per kilogram of body weight per day for adults recommended by the Health Organization of the League of Nations gives more than a 50% margin of safety as advocated by Sherman in setting the dietary allowances in planning dietaries. The recommendation of the nutrition section of the National Research Council of the Philippines of one and a half grams of protein per kilogram of body weight gives about 200% margin of safety. The amount, however, does not go above the recommendations of several authorities that 10 to 12 percent of the total calories should come from protein. For pregnant or lactating mothers and growing children 15% of their total calories should come from proteins.

BIOLOGICAL VALUES

There is no doubt that proteins of animal origin are, as a whole superior in biological value to those derived from plants; however, since the former is a more expensive source than the latter, it would be of great importance to review the literature. According to Aykroid (34) tapioca, as a staple, is unsatisfactory because of a deficiency in the quantity and possibly the quality of its protein. The proteins of rice are found to be distinctly superior in biological value to those of wheat when the protein is fed at the same level of intake. Swaminathan obtained a biological value of 80 for rice and 66 for wheat (35). These values agree with the values reported by Mitchell et al (36) who obtained a value of 86 for rice and 67 for wheat. The protein of ragi (Eleusine corocana), with a biological value of 89 appears to be the best of all cereal proteins (35). This value is in close agreement with the value of 90.5 for ragi reported by Niyogi et al (37). Cambu (Pennisetum typodeum) and Colam (Sorgum vulgare) both have a biological value of 83 (35). Proteins of legumes are deficient in the amino acid, cystine. Hence, soya beans, mongo and lentils should be supplemented with milk. According to Swaminathan the protein of soya beans is superior to that of green gram (mongo bean) and lentil. Soya beans resemble peanuts and coconuts. Swaminathan (35) found a value of 54 for soya beans and Mitchell et al (36) reported a biological value of 58 for both peanuts and coconuts. The protein of white maize was found better than that of yellow maize but when lysine and tryptophane were added to the latter the nitrogen utilization was increased (38).

EFFECT OF TEMPERATURE AND OTHER FACTORS ON PROTEIN

Since very few foods are eaten raw, a review of pertinent literature seems appropriate.

Autoclaving soy beans at 15 pounds pressure for one hour or at 17 pounds pressure for 15 minutes improved the nutritive value of its protein (39). Hence the method of autoclaving soy beans in the preparation of *tokua*, *tahure* and other soy bean preparations is desirable and should be encouraged instead of just boiling it at ordinary temperature for a long period of time.

Heat coagulated albumin is more easily digested by trypsin than the raw albumin (40). In feeding eggs to children it is always wise to cook eggs. Soft boiled eggs and poached eggs are recommended. Besides, the injurious constituents of raw egg white "avidin" combines with biotin thereby rendering the latter unavailable. Biotin deficiencies were observed in human beings and rats fed with raw eggwhites. If the egg is cooked avidin is destroyed. Eggs should not be boiled for more than 10 minutes. Soft boiled eggs (5 minutes), scrambled eggs, boiled eggs, properly fried eggs are desirable egg preparations for the table. Frying eggs until the sides of the eggs are brown and though is undesirable, both from the standpoint of palatability and nutritive value. On the other hand, soft boiling for very short period or frying on one side does note always kill salmonella in eggs (41). Hen's egg should be boiled for 10 minutes, and duck's eggs for 15 minutes. Custard pies with salmonella enteritis were free from organisms removal from oven (41).

Dry heat or toasting has injurious effects on many proteins such as fish proteins (42) and meat proteins (43, 44). The toasting of daing and tapa until some parts are burned is undesirable. However, daing and tapa may be toasted at lower temperature such that they do not burn. If live coals are used they should be placed high enough in order not to burn the daing.

PROTEIN OF FISH

There is a need for evaluation of the nutritional adequacy of the protein of Philippine fishes in view of the fact that the cost of meat in the Islands has gone up to 500% its prewar price. Table VII is a comparative study of the cost per gram of protein from different sources. It will be noted that the protein of dried dilis is the most economical source based on the 1952 prices.

According to Lopez (45) the protein of swordfish has a high biological value with respect to essential amino acids and the niacin content of this fish is 40% higher than that of beef and ham.

TABLE VII.—*A Comparative Study of the Cost per Gram of Protein in Some Common Nitrogenous Foods*

FOOD MATERIALS	1952 MARKET PRICE	PROTEIN gms.	COST/gm. OF PROTEIN
Eggs:			
Chicken whole	₱0.12/50 gms.	0.1257/gm. E.P.	₱.0190
Duck whole	0.13/70 gms. E.P.	0.1344/gm. E.P.	.0129
Balut	0.25/70 gm. A.P.	0.1348/gm. A.P.	.0264
Meat and Poultry:			
Chicken	2.50/450 gms. E.P.	0.202/gm. E.P.	.0275
Pork	2.30/kg.	119/kg.	.0193
Beef	2.50/kg.	177/kg.	.0141
Carabao	2.30/kg.	200/kg.	.0115
Beef's liver	6.00/kg.	203/kg.	.0295
Tapa (dried)	3.00/kg.	335/kg.	.0089
Beef's lung	1.00/kg.	164/kg.	.0060
Beef's tongue	3.50/kg.	159/kg.	.0220
Milk and Milk Products:			
Cow's milk	0.25/½ pint (240 gms.)	0.0389/kg.	.0267
Carabao's fresh milk	0.25/½ pint	0.0497/gm.	.0209
Milk Evaporated	0.40/14 oz. or (392 gms.)	0.060/gm.	.0170
Milk powdered whole	2.00/lb.	0.257/gm.	.0171
Native cheese	0.40/130 gms.	0.177/gm.	.0173
Fish:			
Bangus fresh A.P.	1.20/kg.	144.7/kg. A.P.	.0083
Dalag A.P.	1.80/kg.	162.2/kg.	.0111
Dalagang bukid	1.20/kg.	126.6/kg. A.P.	.0094
Dilis (dried) E.P.	1.50/kg.	498.3/kg. A.P.	.0030
Kanduli fresh	1.50/kg. A.P.	83/kg. A.P.	.0180
Hito	1.80/kg. A.P.	99.8/kg. A.P.	.0186
Miscellaneous:			
Tokua	0.05/75 gms.	.1424/gm.	.0046
Mongo	0.85/kg.	.251/kg.	.0033
Peanut	1.40/kg.	.324/kg.	.0043
Garbanzos	1.20/kg.	199/kg.	.0060

Dalag, kanduli and biyang puti which abound in great number in Laguna de Bay contain the three essential amino acids namely: arginine, histidine and lysine. Likewise, bañgus which is one of the most tasty among Philippine fishes also contains the three mentioned essential amino acids.

Below is a table showing the amino acid content of some Philippine Fishes.

TABLE VIII

NAME OF FISHES	PER CENT			REFERENCES
	Arginine	Histidine	Lysine	
Kanduli:				
Immature	8.13	19.04	4.83	46
Mature	8.48	19.57	4.87	46
Spent	8.31	22.45	3.77	46
Dalag	11.14	15.14	13.03	47
Biyang puti	11.04	8.80	13.34	47
Bangus	11.33	8.75	12.06	47
Carp	12.00	6.00	7.00	48
Red Snapper	16.00	2.00	10.00	48
Threadpin	14.00	5.50	8.00	48

CALCIUM

The dietary allowance of 0.7 gram of calcium a day for a moderately active Filipino weighing an average of 53 kilograms is a safe amount, considering his small stature. An average American weighing 70 kilograms should have an intake of 0.8 grams of calcium a day according to the Food and Nutrition Board of the National Research Council of America. The greater percentage of calcium intake of an average American comes from milk and cheese. In the Philippine Islands this is not so. Most of our calcium come from vegetables and fish bones.

Calcium from Vegetables:

The leaves and stems of all varieties of gabi are good sources of calcium (50). Potgieter found that 82% of the calcium of gabi and 88% of the inorganic calcium salt was utilized by rats on a dietary calcium below a 0.10% with gabi furnishing 97% of the dietary calcium (51). Gabi root is a poor source of calcium and a fair source of phosphorous and iron (52). Pechay has an availability of 75% compared to 90% of that of dried skim milk (53). Tokua revealed availability of 80 to 90% of that of dried skim milk when tested by the rat deposition method of Finche and Sherman (53). Adolph et al (54) in their experiments on human beings found that the calcium availability of tokua (soy beans curd) was equal to that of milk. When half of the calcium was furnished by Chinese cabbage and the other half by milk, Kao et al. (55) found a value of 80% utilization of calcium from Chinese cabbage. Flour from pulp of mango seeds, and uray (amaranthus spinosus) are fair sources of calcium (56). Although the total calcium in spinach is high it is not a good source of this mineral because of the presençe of oxalic acid which renders the calcium unavailable by forming an insoluble salt (57). Likewise, Kulasiman (purslane) which has a good amount of calcium is not a good source of this mineral due to its high oxalic acid content (58). The calcium ingested in the process of chewing betel nut leaves with lime (hicho) was well utilized and retained (59).

Calcium from Bones of Fish:

The calcium of the bones of small fish have about the same availability as that of milk (60). Immature shrimps are also good sources of calcium (56). Bagoong alamang (61) and dried dilis (62), are highly recommended as sources of calcium in a Filipino diet.

Iron:

The requirement of iron is great during the period of rapid growth. According to investigations made, the increase in hemoglobin level is rapid at ages of 13 and 14 years and continues through age 17 years in boys (63). Other investigators show there is a definite increase in the hemoglobin content of the blood of both boys and girls during adolescence (64). Girls entering the age of puberty need more iron than boys (65). The individual needs for iron vary with age and other conditions. Women after menopause do not need as much iron as women during their years of active menstrual flow. The need for iron is greatest during pregnancy due to the demand of the developing fetus. In determining dietary allowances, McLester (66) concurs with Sherman that a 50 percent factor of safety is the best precaution to adhere to considering that there are some known and unknown factors which affect adversely the absorption and utilization of iron.

Absorption of iron from the alimentary tract is favored by the high percentage of ionizable iron in food. Human subjects absorbed ferrous iron more efficiently than ferric iron

(67). The iron in most foods is largely in the ferric forms. Nature has so provided that the hydrochloric acid in the stomach changes the ferric iron to ferrous iron. People suffering from achlorohydria can not ionize the ferric iron in food greatly (68). The efficiency of a food in regenerating hemoglobin is not correlated with its total iron content. The term available iron denotes that fraction of iron held in simple combinations in contrast to the gross total iron not all of which is available for use in fulfilling the physiological functions of iron (69), (70), (71). Table IX shows the percentages of available iron in 27 foodstuffs selected from about 100 Indian foodstuffs studied by Ranganathan (72). It will be noted from this table that 73 percent of the foodstuffs have below 50 percent available iron.

According to other investigators, the percentages of ionizable iron in some foods such as calf's liver, egg, peanut, banana and black molasses amount to 100 percent ionizable iron (73). Other foods such as pineapple, dried figs, grapefruit, dried apricot, potato, lima beans, almond, oatmeal, corn and cocoa have above 90 percent ionizable iron (73), (74).

Very few of our populace can afford to obtain their iron from liver, eggs and other foods mentioned which have high percentages of ionizable iron. Most of the iron in the Filipino diet comes from a large number of food which contain available iron below 50 percent. The few foods which have high percentage of available iron have low iron content.

Besides the proper absorption of iron which depends largely on high ionizable iron, utilization of iron is another important aspect which must be considered in the final retention by the human body. There are still unknown factors which affect the utilization of iron. Whipple et al stated that many slight disturbances of internal metabolism may modify the utilization of iron in the proper production of hemoglobin (75). It is not the intention of the author to discuss this lengthy and quite complicated subject. Let it suffice to mention a few factors known to be responsible for the proper utilization of iron. Copper in minute amount is needed for the proper utilization of iron after it is absorbed (76), (77). Calcium is also related to the formation of hemoglobin (78). Other factors such as

TABLE IX *

NAME OF FOOD	TOTAL Fe mg. PER CENT	AVAILABLE Fe mg.	PER CENT OF AVAILABLE Fe
Pulses:			
Batao	3.23	2.10	67.0
Mungo	10.00	1.26	12.6
Peas	5.00	2.48	49.6
Kadios	5.56	1.30	23.3
Soy Beans	9.70	2.76	28.5
Leafy Vegetables:			
Katuray	3.91	0.75	19.2
Cabbage	0.73	0.28	38.3
Coriander	9.97	1.08	10.9
Malungay	7.00	1.67	23.9
Lettuce	2.39	1.00	42.1
Parsely	17.86	3.18	17.8
Spinach	5.00	0.93	18.6
Roots and Tubers:			
Beetroot	0.98	0.53	53.2
Carrot	2.83	0.26	27.5
Potato	0.76	0.34	44.8
Nuts:			
Coconut	1.94	0.75	38.8
Cashew Nut	4.95	1.94	39.1
Peanut	1.63	0.50	30.7
Fruits:			
Lime juice	2.20	1.14	51.9
Mangosteen	0.58	0.23	39.7
Orange	0.53	0.22	41.5
Pineapple	1.50	1.06	70.7
Saba	0.66	0.31	47.0
Pomelo	0.46	0.10	21.8
Other Foods:			
Sili, giant	1.04	0.83	80.0
Onion, small	1.61	1.14	71.0
Tamarind pulp	10.90	2.42	22.2

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* Ref. No. 72.

vitamin A are found necessary for the proper utilization of iron (66).

With all the above considerations in mind, the recommendation of the Nutrition Section of the National Research Council of the Philippines of 12 mgs. a day for adult and 15 mgs. a day for pregnant and lactating mothers and for boys and girls during the period of rapid growth constitute safe allowances.

VITAMIN A

In determining the dietary allowance for vitamin A, it is important to know the nature of the sources of this vitamin, the factors which affect the absorption of this nutrient from the intestines and the amount required based on experimental evidence on human subjects.

Vitamin A is obtained from 2 general sources namely from plants and from animals. The former provides plentiful sources of vitamin A active carotene pigments which are commonly termed by many investigators as vitamin A value or vitamin A activity or vitamin A precursor. Beta carotene is a more potent source of vitamin A than alpha-carotene and gama-carotene. These pigments are found abundantly in yellow vegetables and fruits and in green leaves. The greener the vegetables the more potent sources they become. Yellow kamote, carrots, yellow kalabasa, ripe papaya, ripe mangoes, yellow varieties of melon and other yellow vegetables and fruits are excellent sources of vitamin A values (79, 80). Tomatoes when ripened both artificially or naturally increased their vitamin A activity (81). Dehydrated vegetables in storage showed progressive loss of vitamin A activity (82). Red palm oil is devoid of vitamin A but possesses vitamin A activity by biological test. In several experiments it gave comparable results with cod liver oil and was better borne in infantile diarrhea than cod liver oil (83). Red palm oil appears to be the only oil of vegetable origin which possesses vitamin A activity of notable degree (84). This oil is used in some parts of India. Because of its high vitamin A activity it should be produced here in large quantity.

Vitamin A which is provided in our diet by animals is found already formed in the liver of fish, beef, pork and other animals, butter, egg yolk and body fat of mature animals. How the animal body transforms the vitamin A active carotene to vitamin A is not yet known. The human body also transforms these carotene pigments into vitamin A. The animal body is capable of accumulating vitamin A and the liver is the chief storage site (85). Vitamin A content of liver is usually proportional to the intake of vitamin A active carotene pigments or Vitamin A (86). Shark liver oil is a good source of vitamin A if properly prepared. Dattatreya found that the storage of livers after removal from sharks increased the acid value of the resulting oil thus the oil prepared from preserved livers is less stable than oil prepared from fresh livers (87). Vitamin A is destroyed by oxidation, therefore when liver oils turn rancid they lose most of their vitamin A content. Rangarathan found out that when shark liver oil was diluted to 3 to 4 times its weight of peanut oil it becomes less susceptible to oxidation rancidity (88). Vegetable oils are more stable than fish liver oils because they are less unsaturated and contain larger amounts of anti-oxidants (88). Free fatty acids in shark liver oil hasten the development of rancidity and the destruction of vitamin A (89).

Butter contains both vitamin A and vitamin A active carotene pigments. In the United States, Summer and Fall butters contained an average of 63 percent more vitamin A than the winter and spring butters, and 165 percent more carotene than the corresponding "winter spring" butter (90). No study of this nature has been made in the Philippines—first, because most of our butters are imported and second because a large number of Filipinos do not use butter except for breakfast. Olemargarine ordinarily is not a good source of vitamin A, but if it is vitaminized it is highly recommended for table use.

Absorption of vitamin A is higher than that of carotene. De obtained 45 to 65 percent absorption in carotene while that of vitamin A was almost complete (91). Wilson found out that the percentage absorption of carotene on a diet with fat is about 90 percent in contrast to 50 percent on a similar diet without fat (92). In a study of the minimum vitamin A requirements of normal adults Booher found a daily average intake of 40.6 International Unit of vitamin A per kilogram body weight in five human subjects (93). On the bases of 53 kilograms (average weight of a Filipino) an average Filipino should have a minimum intake of 2,152 International Unit of vitamin A. In another study on 8 human subjects the minimum daily requirement was found to be 79 International Units in the form of crystalline carotene per kilogram body weight (94). Thus if the source comes from vitamin A active carotene an average Filipino weighing 53 kilograms should have a minimum intake of 4,177 International Unit of vitamin A active carotene pigments. The diets of more than majority of the Filipinos do not have butter, eggs and liver. Since most of the vitamin A is obtained from vitamin A active carotene pigment from green leaves and yellow vegetables, a higher intake should be recommended.

Besides the source, there are other considerations which must be remembered. Factors which affect the absorption of fats also affect the absorption of vitamin A and vitamin A active carotene pigments. Lack of bile salts in the intestines lower the absorption of vitamin A (95). The presence of mineral oil (petrolatum) lowers the absorption of vitamin A. Care should be observed in using mineral oil in reducing diets. When vitamin A is taken in the form of concentrates, it is highly recommended that it should not be taken in large massive doses. Le Page found degradation products of vitamin A in both plasma and feces after a massive dosing with vitamin A (96). Several moderate doses daily is better than a single daily massive dose of vitamin A to prevent waste and to insure maximum utilization of vitamin A. Other factors should be considered in setting the allowance. It has been found out that the vitamin A requirements of man as well as of live stock are proportional to body weight rather than to the calorific intake (97, 98). The recommendation of the Nutrition Section of the National Research Council of the Philippines of 4,000 International Units of vitamin A daily is not too high considering the sources of this nutrient in an average Filipino diet. Judgment should be used in planning dietaries for family groups considering the age, size, and activities of the individual member.

VITAMIN B_1 OR THIAMIN

It has been proven that experimental animals showed twice as high a requirement of thiamin per unit of food at 91°F as at 65°F (99). A similar increase was observed in hyperthyroidism, exercise and physiological strain of gestation and lactation (99). In hot countries like the Philippines we expect a higher requirement of thiamin than for those living in the temperate zone. Likewise a hard working man putting out 4,000 calories or more a day should be expected to have more vitamin B_1 intake than a man of sedentary habits. Pregnant and lactating mothers should also have a high intake of vitamin B_1.

Like other nutrients, thiamin availability should be considered. The discovery of anti-vitamin is of great significance. According to Wright (100), "an anti-vitamin is any substance which interferes with the synthesis or metabolism of a vitamin as for example through: (a) inactivation (b) irreversible combination, or (c) competitive inhibition". According to investigations the most common is interference or inhibition. It has been found that a naturally occurring anti-thiamin exists in certain ferns (101). It is not known whether this substance inactivities thiamin or combines with it thus rendering the latter unavailable or competitively interferes with its action. No investigation has been made whether this anti-thiamin exists in some other foods consumed by human beings. The work of Green (102) which resulted in the production of thiamin deficiency in foxes called "Chastek Paralysis" when the animals were fed with raw fish should serve as a warning to people who eat raw fish. This unidentified enzyme in raw fish destroys thiamin by splitting it into fragments thus rendering it unavailable (103), (104). When the fish is cooked, the activity of the enzyme is destroyed. The habit of eating raw bagoong dilis or bagoong alamang should be discouraged until studies have been made to prove that salting has the same effect as heating in the destruction of this enzyme. Several anti-thiamin have been prepared in the laboratory which inhibit the utilization of thiamin by micro-organisms or other species of animals. Among these are pyrithiamine (105), oxythiamine (106), and butylthiamin (107). Food composition tables as published give figures for raw foods. There is therefore a danger of misinformation in calculating food values of recipes; hence the need of reviewing the literature on the effect of the different cooking and preparatory cooking processes on thiamin in order that proper deductions can be made.

[redacted]

[redacted]

According to Tucker et al., the total retention of thiamin in beef plus the drippings depends on the time of cooking. Longer cooking processes such as braising results in more destruction of thiamin (108). The following averages of retention were found: braising 61 percent, broiling 80% and frying 90%. Other investigators found an average retention of 50 percent of thiamin in braised pork loin (109). Likewise in stewing meat 50 percent retention was obtained by Cover and Dilsaver (110). In the same study they found out that browning meat appeared to be destructive to thiamin but searing meat destroys an amount too insignificant for practical purpose. Our method of cooking adobo until the meat is dark brown or almost burned should be discouraged. Cooking meat at 15 lbs. pressure, 250°F, for a few minutes is not destructive to thiamin. Likewise a long period of cooking at low temperature, 193°F, in order to obtain equal tenderness of meat cooked in a pressure cooker showed about the same effect as that cooked in the latter method (110). When pork was cooked for one hour and fifty minutes at 250°F (15 lbs. pressure) 80 percent of the thiamin was destroyed (111). In the process of making Tokua (tofu in Hawaii or soy bean curd) only less than 20 percent of its original content was retained when the beans were cooked in the pressure cooker (112). Thiamin was retained in making biscuits and muffins (113).

Retention of thiamin in parboiled meat (sweetbread) was less than in braised meat because this vitamin is dissolved in water, therefore a large portion of it is thrown away (114). Partially polished rice which contain about 70 percent as much thiamin as brown rice (unpolished) lose more thiamin in the process of washing than the brown rice (115). This increased loss may be due largely to the washing of the adhering rice polishings which cling to the partially polished grains. There is less loss of this vitamin when rice is washed rapidly.

Thiamin is unstable in an alkaline solution. The method of adding lye to puto, cuchinta and suman sa latek should not be encouraged because the little thiamin present will be destroyed. In order to retain most of the thiamin in foods, the following should be remembered:

(1) Do not use alkalies such as lye in making cuchinta, suman and puto. Thiamin is destroyed in alkaline medium.

(2) In boiling vegetables and meat, do not throw away the water. Thiamin is water soluble and therefore a large portion is thrown away with the water. Use the water for making sauces.

(3) Steaming meat retains more thiamin than parboiling or boiling for same reason as in no. 2.

(4) There is a significant loss of thiamin if meat is allowed to be overbrowned. There is no significant loss in searing meat.

(5) The use of high temperature in cooking meat in a pressure cooker for more than an hour is very destructive to thiamin, but with high temperature at short periods there is an insignificant loss of thiamin.

(6) Meat when properly fried retains 90 percent of its thiamin content. Frying meat results in a higher retention of thiamin than broiling and braising.

(7) Rice polishings which cling loosely to the grain in partially polished rice is easily lost through washings. Rice should be washed rapidly. Rice water should be used for softening meat and preparing fish sinigang, fish pesa, etc.

The dietary allowance of 1.6 mgs, of thiamin a day for a moderately active Filipino recommended by the nutrition section of the National Research Council of the Philippines provides a good margin of safety. This figure is in consonance with the recommendation made by authorities in the United States. According to Williams et al (116), a minimum requirement of 0.45 mgs. per 1,000 calories is essential to good health. These investigators used their own improved thiochrome method in urinary excretion tests. They recommend 0.6 mgs. of thiamin per 1,000 calories for safety. Using 60 well nourished human subjects for a control group and 56 undernourished subjects for an experimental group on a prolonged inadequate thiamin intake, Melnick found a minimum thiamin requirement of 0.35 mgs. per 1,000 calories. He recommended a thiamin intake of 0.5 mg. per 1,000 calories allowing 50 per cent margin of safety. This investigator used the colorimetric method in urinary excretion tests (117). A review of the literature of about seven investigations (118) would place an impartial estimate of a minimum thiamin requirement of approximately 0.35 mgs.

per 1,000 calories. According to this critic, the importance of other factors which can be responsible for thiamin deficiencies such as cooking losses, and factors which interfere with absorption, retention and utilization of thiamin must not be overlooked. Melnick states (118):

"The National Research Council's (U.S.A.) recommended intake of 0.6 mgs. of thiamin per 1,000 calories must be regarded as offering of liberal intake but necessary margin of safety."

Below is an estimate of the dietary allowance for thiamin using the amount of 0.6 mgs. per 1,000 calories:

2,600 calories * × 0.6 mgs. per 1,000 calories = 1.56 mgs. or 1.6 mgs. for a moderately active Filipino
3,400 calories * × 0.6 mgs. per 1,000 calories = 2.04 mgs. or 2.00 mgs. for a very active Filipino male
2,100 calories * × 0.6 mgs. per 1,000 calories = 1.26 mgs. or 1.3 mgs. of thiamin for a sedentary Filipino male

The recommendations of the nutrition section of the National Research Council as seen in Table VI concurs with those of authorities in the United States.

VITAMIN C OR ASCORBIC ACID

Scurvy, a disease produced by deficiency of vitamin C has been known for many centuries. It caused great sufferings and loss of many human lives in times of famine in concentration capms. Capas prisoners suffered from it in the early part of the Japanese occupation in 1942. The human body is incapable of synthesizing this vitamin; therefore it must be supplied continuously in the diet. Fresh fruits and vegetables in the diet prevent and cure scurvy.

Ascorbic acid is a substance closely related to sugar in chemical structure. It is soluble in water, readily destroyed by oxidation, light and alkali. The metal cooper is destructive to vitamin C (119). The ascorbic acid contents of fruits and vegetables vary greatly depending upon many factors such as storage, the handling and cooking of foods.

One of the practices most destructive to vitamin C is boiling food in large quantities of water (120). A large amount of vitamin C is dissolved in water especially if vegetables are cut

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* See table VI.

into small pieces. Only a small portion is destroyed by cooking (121). Slow cooking resulted in a greater loss of vitamin C especially in uncovered utensils (122). Cooking vegetables in a pressure saucepan resulted in higher retention of vitamin C (123). Boiling potatoes whole in their skin for 35 minutes caused no loss of vitamin C and a similar cooking period using pared quartered potatoes caused a loss of about 20 percent (124). Oxidation is another factor which affects vitamin C. Spinach at room temperature lost 50 per cent of vitamin C in 3 days and practically all in a week, but when placed in the refrigirator it lost almost none in 3 days (125). Shelled peas at room temperature lost 50 percent of vitamin C in 3 days (126). Lima beans retained vitamin C much better in the pods than when shelled (127). Refrigeration retarded loss. Bananas sliced and exposed to air at room temperature lost 12 percent of vitamin C in 20 minutes, 22 percent in 80 minutes, 50 percent in 5 hours and remain about the same in 22 hours (128).

Apples cut to quarters standing at room temperature lost about 20 percent of vitamin C in one hour and 30 to 36% in 3 hours (129). Peas in pods, held at 32°C, lost 10 per cent of vitamin C in 18 hours, but at 6° and 21°C, they lost no vitamin C in same time (130). Shelled peas held at 4°C. for 9 hours did not lose vitamin C. Apples stored above O°C resulted in a lower vitamin C content. While delicious apples stored at 45°F. for a year lost 50% of vitamin C (131). Salad dressing serves as a protective agent both at room temperature and refrigeration temperature (132). It appears that mayonnaise has a better retentive effect than french dressing. Unstrained apple sauce retained 75 per cent of vitamin C (133).

The ascorbic content of fruits and vegetables varies. Citrus fruits such as pomelo, naranjita, kalamansi, dayap and cajel are good sources of this vitamin. Guavas and papayas are excellent sources (134), (135). The Indian gooseberry (Phylanthus Emblica Linn) is an excellent source of this vitamin (136). One berry contains 28 mgs. of vitamin C. The possibility of planting this berry in the Philippines should be surveyed. Mangoes are also good sources of vitamin C, but there are large differences in values for the different varieties. Overripe fruit seem to have low values (137). In some fruits like apples, the vitamin C content of the flesh near the peel is six times more than in the flesh near the core (138).

In many vegetables, the leaves contain from 2 to more than 6 times as much vitamin C as the stems (139). In spinach the leaves contain 20 times more than the stem. The Filipino custom of throwing away the leaves and using the stems of some vegetable like kangkong, kamote and kalabasa should be discouraged. Besides vitamin C, the leaves have vitamin A values and in many vegetables, the leaves contain more minerals than the stems (139). In snap beans (habichuelas verde) the amount of ascorbic acid in the seeds is 3 to 4 times more than the pods on the fresh weight basis (140). The distribution of the vitamin between seed and pod was highest in the larger seeded varieties. Germinating seeds (togue) are good sources of this vitamin (141) especially the newly germinated seeds. Green and red peppers are excellent sources of this vitamin.

The following is a summary of points which a housewife or dietitian should have in mind in order to preserve vitamin C:

(1) Cooking vegetables in covered kettles and pressure saucepan preserves vitamin C.

(2) Do not use copper kettles in cooking vegetables and A large amount of vitamin C is lost in the boiling water. Steaming is preferable.

(3) Do not use copper kettles in cooking vegetables and fruits. Copper destroys Vitamin C.

(4) Do not use soda in boiling vegetables to preserve their green color. Vitamin C is destroyed in an alkaline medium.

(5) Do not buy fruits that have been pared. Vitamin C is destroyed by oxidation.

(6) Leaves lose their vitamin C faster than do the fruit vegetables. They should be bought fresh or preferably obtained direct from the garden.

(7) Do not prepare fruit and vegetable salads long before the meal is served. If cold salad is desired, potatoes, camotes and fruits, etc. should be chilled before paring them.

(8) The use of mayonnaise dressing in salads retards the loss of vitamin C. It prevents the oxidation of this vitamin by coating the vegetables with oil.

(9) Cook potato, kamote, gabi and other root vegetables in their skins. Vitamin C is retained in this method of cooking.

Factors leading to the loss of ascorbic acid from the garden to the table should be considered in estimating the vitamin C intake of any individual. Proper deductions should be made in computing food values of recipes considering storage temperature, type of preparation and nature of the fruits and vegetables at the time of consumption (whether it is wilted or fresh). According to Everson and Daniels the criterion for ideal maximum retention should be 120 mgs. of vitamin C a day (142). In an article entitled "Human Requirement of Vitamin C" Smith (143) estimated the following: for new born infants 8 mgs. to 50 mgs. daily, children 22 mgs. to 100 mgs. daily and for adults from 28 mgs. to 100 mgs. daily. These figures indicate the range from indispensable minimum to state of saturation. Vitamin C requirements are not large. A little amount is required to prevent the onset of scurvy. The values recommended by some authorities are estimates of the vitamins needed for saturation. Some opine that it is extravagant to take so much because vitamin C is excreted in the urine, but studies have proven that generous amounts are best. Excretion of vitamin C was observed when blood plasma was found to contain 1.4 mgs. of vitamin C per 100 ml. and Ralli (144) was able to reach and maintain saturation in human subjects when 100 mgs. of vitamin C daily was administered. Todhunter maintained a value about 1 mg. of vitamin C per 100 ml. of blood plasma on 60 mgs. of vitamin C intake per adult per day, while a daily intake of 120 mgs. of vitamin C a day was needed to maintain a level of 1.4 mgs, of vitamin C per 100 ml. of blood plasma (145). Sherman (146) recommended the following in estimating the standards for family dietaries: 1 mg. per 100 calories (minimum amount to prevent gross signs of scurvy), 2 mgs. per 100 calories (medium standard) 4 mgs. per 100 calories (optimal allowance). Following the recommendation of Sherman on medium standard, a moderately active Filipino needing 2,600 calories a day should have about 52 mgs. of vitamin C.

Considering that there are other factors which affect the utilization of the vitamin such as absorption and the fact that vitamin C is destroyed readily, 60 mgs. a day as recommended by the Nutrition Section of the National Research Council of the Philippines is not very high.

RIBOFLAVIN OR VITAMIN G OR VITAMIN B_2

Cheilosis, a deficiency disease characterized by cracking at the corners of the mouth which are grayish at first and later develop fissuring which do not bleed (147) results from the absence of riboflavin in the diet. The surface is covered by yellowish dried matter which is easily removed. Sebrell et al in their study of the human riboflavin requirement observed that riboflavin caused complete disappearance of cheilosis and discontinuance of riboflavin resulted in a recurrence (148). Urinary excretion of 500 to 800 mcg. or 0.5 to 0.8 mgs. of riboflavin per day was noted by some investigators (149). It has been found that 0.5 mgs. of riboflavin per 1,000 calories is the approximate minimum daily requirement (150). On the basis of this approximate minimum requirement, a moderately active Filipino needing 2,500 calories a day should have a minimum requirement of 1.3 mgs. of riboflavin a day. The dietary allowance of 2.7 mgs. of riboflavin a day for a moderately active Filipino is a liberal, but safe allowance considering that other investigators have found that there is a considerable destruction of riboflavin by body processes (151). Several investigators were able to prove the antiriboflavin activities of some substances (152), (153), (154).

The lack of riboflavin in the diets of animals leads to early senility while an increasing amount of this vitamin improves the well being and vigor of the animals (155). Cataract developed in rats fed with riboflavin deficient diets (156). Other investigators averted the formation of nutritional cataract by the administration of this vitamin (157). Evidence of riboflavin deficiency in human beings which resulted in the defective growth of capillaries in the cornea was described by Sydenstricker et al (158). Mannering and Elvehjem offered evidence that riboflavin plays an important role in the economy of food utilization in the rat (159). Rats receiving 12 mgs. of riboflavin per day gained 8 times as much weight per calorie consumed as those not receiving riboflavin.

Riboflavin being a water soluble vitamin is lost in the cooking liquid. Poached eggs showed an appreciably higher loss of this nutrient than boiled, fried or scrambled eggs due to the loss of riboflavin in the poaching water (160). Scrambled eggs lost the least riboflavin. Riboflavin in chicken meat was not destroyed by frying, broiling, roasting or stewing (161). Likewise in stewing meat there was no destruction of this nutrient (162) but browning meat reduces the riboflavin content of brown stews. In canning mushrooms little or no loss of riboflavin was observed during the sterilization process (163). There was some loss during the process of blanching. In snap beans, the riboflavin content decreased with increasing maturity (164). The amount of riboflavin contributed by the pod was high at all ages of the beans and a great amount of riboflavin was lost when the shelled pods were discarded. Milk and eggs are excellent sources of this nutrient.

In order to preserve this nutrient in the diet the following points should be observed:

(1) Soft boiled or boiled eggs or scrambled eggs should be preferred to poached eggs. If poached eggs are desired, use the poaching water for making sauces.

(2) Do not discard the meat broth. Use this for making sauces and vegetable guisado. A large amount of the riboflavin is found in the broth.

(3) Do not overbrown the meat. This method lowers the riboflavin content of meat.

(4) Do not discard the pods of beans. A large portion of the riboflavin is found in the pods at all ages of the bean pods.

(5) Blanching vegetables should be accomplished quickly.

NIACIN OR NICOTINIC ACID

Pellagra is a deficiency disease which results in the lack of niacin or nicotinic acid in the diet. This deficiency disease is analogous to blacktongue in dogs. In 1937 Elvehjem and his associates were successful in curing blacktongue in dogs with nicotinic acid (166). Other investigators reported the dramatic cure of pellagra in human beings with nicotinic acid (167), (168), (169). The early suspicion that corn might have been responsible for the incidence of pellagra in the southern states of America where the diet of those afflicted with the disease was mostly corn and corn grits was supported by the study of Wooley (170). Krehl and his associates were able to prove that the deleterious effect of corn and corn grits was overcome when the casein content of the diets of rats was 15 to 20 per cent (171). Likewise, this deleterious effect of corn could be overcome for rats by niacin and tryptophane (172). This study proved that the presence of corn alters the dietary nicotinic acid and tryptophane requirement of the growing rat. Corn is a poor source of tryptophane. Other proteins such as fibrin, egg albumen, soy bean globulin were used instead of casein and the same protection as that of casein was noted (173). The protection demonstrated by these proteins against the deleterious action of corn is attributed to the more adequate amount of trytophane. According to Spector and Mitchell (174), niacin and tryptophane are interchangeable in metabolism in the sense that one may be derived from the other. Rosen, et al showed evidence that nicotinic acid may be synthesized from tryptophane (175). Other investigators were able to prove that when the supply of nicotinic acid is ample, a mixture of casein and corn protein is superior to casein alone (176).

The dietary allowance of 18 mgs. of niacin a day for a moderately active Filipino recommended by the nutrition section of the National Research Council of the Philippines is not very high considering that there are other factors proven lately to affect the niacin metabolism. Certain amino acids such as glycine in gelatin increase the dietary requirement of niacin (177). The discovery of the antinicotinic acid 3 acetyl-pyridine (178) which when administered to mice led to the production of a disease characterized by many of the signs seen in niacin deficient dogs and humans should be a warning to prevent low niacin intake.

Nicotinic acid is water soluble; therefore in cooking meat the broth should be used and not thrown away. Meat, eggs, fish, cheese, and peanuts are good sources of niacin. According to Munsell, from 95.2 to 100 percent of niacin is retained in the cooking of cereals (179). According to some investigators in India (180) the nicotinic acid content of some fishes is comparable to that of meat.

CHAPTER III

CULINARY ARTS IN THE PHILIPPINES

The Philippines has been known to be the goal of migratory peoples who introduced their distinctive culture. None of this culture has been preserved intact. At present there is probably no single phase of art in the Philippines which does not share in some way the effect of all the others. It is a conglomeration of the Negrito, Indonesian, Malayan, Chinese, Japanese, Hindu, Spanish and lately the American culture. Present culinary art in the Philippines, like other arts is an intermingling of Asiatic and European tastes. The earliest records of culinary arts in the Philippines was that of Pigafeta in 1521 (181).

Suman sa ibus, suman sa latek and *calamay* must have been prepared by the Filipinos before the coming of the Spaniards in the same way as they are prepared today as evidenced by the following description of Pigafetta in recounting the Spanish landing in Palawan:

> Then they gave us a present of various kinds of foods made only of rice. Some were wrapped in leaves and were made of somewhat longish pieces, some resemble sugar loaves, while others were made in the manner of tarts with eggs and honey.

Our present method of cooking rice has been handed down from generation to generation. The old method was similar to that of the present. When the same group went to Mindanao, Pigafetta described the cooking of rice as follows:

> Then the supper which consisted of rice and very salty fish, was contained in porcelain dishes and was brought in. They ate rice as if it were bread and cooked it after the following manner: They first put it in earthen jars like ours and a large leaf lines all the jars. Then they added the water and rice and after covering it allowed it to boil until the rice became hard as bread, when it was taken out in pieces. Rice is cooked in the same way throughout those district.

Cooking rice in bamboos was described by the same traveler:

> Rice is cooked there under the fire in bamboos or in wood and it tastes better than that cooked in earthen pots.

The following are some of the native delicacies in the archipelago:

ADOBO is a preparation applied to pork, poultry or fish foods cooked in vinegar, garlic and fat. It is allowed to become tender over a low flame and finally browned in its own fat. The presence of garlic while it is browning gives it a characteristic odor and flavor regarded highly desirable in good *adobo.* A combination of chicken and pork is very delicious but pork alone or chicken alone is commonly prepared. If chicken alone is used, fats other than that of pork such as hydrogenated fat, may be used, but pork fat is desired by many. In the absence of pork fat or hydrogenated fat, thick coconut milk may be used. It has a large amount of oil and in the final process of cooking the chicken is allowed to brown in the oil of the coconut. The secrets in the success of preparing this dish are as follows:

A. Soak the meat in vinegar, garlic and pepper for at least an hour before cooking.
B. Enough vinegar should be added. The best guide is put enough vinegar to cover the meat.
C. Use about half a head of garlic for every kilo of meat.
D. If the meat is not tender because of the age of the animal, water should not be added at the beginning of the cooking. Water is preferably added after the meat has boiled in vinegar for sometime.
E. The garlic should be browned in the final process. Any fish may be cooked as adobo, but the fish most commonly used is the hito and among the shellfish, the crab. Fish *adobado* is preferred by many to fish *adobo.*

To those who have an aversion for the presence of whole garlic in the dish, the pounded garlic may be removed after it has been browned.

ADOBADO is a dish which has all the ingredients of the adobo. The only difference is in the final process. In making adobado, the meat and the garlic are allowed to brown and then some broth and vinegar are added. It has a little sauce. Not all the liquid is allowed to evaporate.

ARROZ KALDO is a Western dish as its name suggests. It is similar to the German preparation called "Suppenhun" meaning rice soup. Suppenhun in German restaurants is prepared in a manner similar to our *arroz kaldo*. The chief ingredients are rice and chicken. In some regions in the Philippines the internal organs of the cow such as the uterus (*bahay guya*), tripe, or stomach may be used instead of the chicken. In some localities a piece of ginger is used. In order to have good *arroz kaldo* the following points must be observed:

(1) The chicken or meat must be soft.
(2) The rice must be well cooked.
(3) The garlic should be properly sautéed.
(4) Patis should be used for seasoning instead of salt.

BAGOONG is the term applied to salted small fishes or shrimps packed in earthen pots or jars and cured for several weeks. There are several kinds of *bagoong* namely: *bagoong dilis* (salted fish) *bagoong alamang* (salted small shrimps) and *bagoong itlog* (salted eggs of either *banak, carpa, dalag* or *hito.* When *bagoong dilis* is used for seasoning vegetable dishes it is mixed with hot water and passed through a fine sieve to separate the spines. *Bagoong alamang* is very convenient to use.

BISTEK—Beefsteak in the Western countries is a one-inch thick tenderloin steak cooked without salt, either rare, medium rare, or cooked. It must be eaten while hot and it is not good to reheat it. In the Philippines we have "*bistek*" as it is a term which must have come from the word beefsteak but shortened to "*bistek.*" The beef is usually tenderloin steak or round or rump cut to from ⅛ to ½ inch thick and soaked in *toyo* (soyo sauce) and *kalamansi* juice. It is pan fried until done and the toyo is added just before removing from the fire. The juice of one or two kalamansi is squeezed on top. Best results are obtained when one observes the following points:

A. A tender cut of beef should be used.
B. The meat juice and the toyo should not be allowed to burn.
C. Only little fat at a time should be used.
D. When the meat is done, the toyo should be added a few minutes before removing from the fire.

BURO is a term applied to cured vegetables or fish. The acid produced by the presence of some fermenting material preserves the fish or vegetables. For example, *burong dalag* is preserved by fermenting soft boiled rice. This is a delicacy in some parts of Laguna and other provinces in Central Luzon. The fish is cleaned, sliced and salted. It is placed in an earthenware container and covered with a preparation of soft boiled rice and a little salt and some *ankak*.* The acidity of the fermented rice preserves the fish. *Burong dalag* may be sautéed in fat with or without garlic, onions and tomatoes. In Nueva Ecija and Pangasinan *hito* and shrimps are used besides *dalag*.

The *burong mustaza* is prepared in a similar way. Rice water which contains the rice starch is used instead of soft boiled rice. It is prepared in the following manner:

Fresh leaves of mustaza are allowed to wilt under the sun for about two hours. Salt is sprinkled on the leaves which are then laid in an earthenware container. About ½ cup of salt is used for every kilo of the vegetables. The rice water is poured over the leaves in an amount sufficient to cover the vegetables. The mouth of the container is then covered with a wire screen or sinamay cloth to prevent any insect from getting into the preparation. After seven days the vegetables are ready for consumption. This can be served as it is a salad with slices of tomatoes and onions. This salad goes very well with fried fish. It may be used as a vegetable in meat or fish *sinigang*. It may be sautéed with tomatoes and shrimps and beaten eggs. The juice of *burong mustaza* is very sour and should not be thrown away. It may be used in the preparation of fish or meat *sinigang*. It gives a characteristic red color to the meat in *sinigang* dish.

SINIGANG is a preparation of meat or fish cooked with sour fruit, tomatoes, vegetables and rice water. The custom of using rice water should be encouraged because the water soluble vitamins in the covering of the rice are thus not thrown away. The sour fruits commonly used throughout the Philippines are santol, green or ripe guavas, kamias or kalamias, tamarind fruit or flowers, katmon, balimbing and kalamansi. The liquid of *buro* (fermented vegetables) such as mustaza, green mangoes and pajo may be used instead of sour fruits. During the dark days of the Japanese occupation, vinegar was used in many household instead of sour fruits. Fish goes well with any sour fruit. Usually one kind of fruit is used. Green tamarind fruit or its flowers go well with either fish or meat. For beef or pork*sinigang* tamarind fruits or flowers are recommended. If the tamarind fruit and its flowers are used—they are first boiled in water until soft. Afterwards they are crushed and strained. Then the meat and tomatoes are added. When the meat is almost done the vegetables are added.

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* *Ankak* is a red-coloring matter.

In fish *sinigang* the procedure is different. The tomatoes and green vegetables are cooked first and the fish is added when the vegetables are almost done.

The vegetables commonly used in *sinigang* preparations are siguidillas, young batao pods, burong mustaza leaves, radish and its leaves.

The following combinations are recommended:

Pork or beef *sinigang*:

A. Green tamarind fruit or flowers with radish and its tops.
B. The same fruit and *burong mustaza* leaves with *batao* pods.
C. The same fruit and kangkong leaves.
D. The same fruit and young pods of *seguidillas*.

Fish *Sinigang*:

A. Tamarind with any fish.
B. *Dalag* with *kalamias* or *kamias* and kamote tops and leaves.
C. *Bia* with ripe guavas and kamote tops or kangkong leaves.
D. *Bañgus* with *santol* and *kamote* tops and leaves.
E. *Kandule* with *santol* and young *siguidillas* pods and *kamote tops.*
F. *Ayungen* with *kalamias* and *kamote* leaves and tops or *kangkong*.

Guavas and *santol* do not go well with beef or pork. For seasoning, *patis* is better than salt for both meat and fish *sinigang*. It is served with *patis* to which a little *kalamansi* juice is added.

PAKSIAO is a native term for pickling fish or meat. Fish or meat is cooked in vinegar, salt, garlic, a little water and with or without ginger or sugar. In the case of fish *paksiao*, a piece of crushed ginger is an essential ingredient besides vinegar, garlic and salt. Ginger is not usually added in meat *paksiao*. The addition of a little sugar in fish *paksiao* imparts a good flavor. For every cup of vinegar use 2 teaspoons of sugar. Sugar may not be added to pork paksiao.

POCHERO is a Philippine dish, the origin of which must have been Spanish. The very name itself is Spanish. The Filipinos have adapted it as their own. It is beef boiled with Chinese ham, *chorizo bilbao,** and some vegetables. The most preferable cuts are the round, upper part of shank, and the shoulder. The vegetables most commonly used together are eggplant, pechay, cabbage, sweet potatoes, pataloes, sitao or snapbeans and *saba*. *Pochero* is served with a sauce prepared from either the boiled eggplant or sweet potato or*saba* or a combination of the three. The vegetables are mashed fine. Vinegar, pounded garlic, salt and pepper are added In the preparation of this dish, chicken may be used instead of beef, but a piece of pork is always present. Fish can also be used instead of beef, the most common being the dalag pochero. In this case, no ham or pork is added.

KOCIDO is a dish made of either beef or chicken. It is prepared in the same manner as the *pochero* described above, using the same ingredients. Beans and peas are added. When the meat is tender, it is sautéed with pounded garlic, onions and plenty of tomatoes and the rest of the vegetables. The *pochero* sauce may be served with *kocido*. The chicken preferably served whole. The vegetables are arranged around the whole chicken on a platter.

PESA is a tagalog dish meaning plain boiled meat or fish with crushed fresh ginger. Some vegetables are added, the most common of which are cabbage, pechay, upo, and green papaya. The presence of whole black pepper is characteristic of pesa. In some parts of Luzon as in Laguna, dalag pesa is very commonly served. Among other fishes most commonly prepared as *pesa* besides the *dalag* are: *apahap, bacoco* and *lapulapu*. This dish is served with either *miso guisado* or *guisado bagoong* dilis or bagoong alamang.

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* Sausage prepared in the Spanish style.

Poultry, beef or pork may be prepared as *pesa*. *Pesang manok* (chicken *pesa*) is a common dish. Cabbage and *pechay* leaves are used. *Patis* is served with meat or poultry *pesa*.

The *pesa and* the *pochero* have similarities in that they are boiled dishes, but the difference lies in the absence of crushed ginger in *pochero* and the presence of it in *pesa*. Another difference is that the *pochero* requires some sweet vegetables such as sweet potatoes and *saba* whereas the *pesa* vegetables are cabbage, green papaya and chayote.

TABAY CAPI is salted, cured fat of *talangca* (small crabs). This is a delicacy in Pangasinan. It is prepared by salting the *talangca* and packing them in earthen jars for weeks. After curing them the fat (*aligui*) is removed and placed in glass jars. This can be cooked in lard and served as a sauce for fish courses.

TINAGAN is a fish dish. It is cooked with coconut milk, vinegar, juice of yellow ginger, garlic and vegetables. *Calabasa* tops and eggplants are the most common vegetables used. It is served with *patis*. Any fish will do for this dish, but in Laguna, *kanduli* is the fish used in *tinagan*.

DARANG is dried, smoked fish but not salty, with a characteristic blood red color. *Darang* is a tagalog term meaning exposed over a low heat. As it is done in the Philippines, the exposure to low heat is accompanied by smoke produced by the addition of guava leaves. The fish is cut open lengthwise at the middle of the back, cleaned and salted. It is then placed over live charcoal where some fresh guava leaves are added, at a distance of approximately 2 meters. This fish is exposed to smoke from 4 to 8 hours. The creosote present in the smoke preserves the fish. The fishes most commonly used for this purpose are *kanduli*, *dalag*, and *hito*.

PINACBET is an Ilocano dish prepared by boiling vegetables with plenty of tomatoes and *bagoong* juice. The characteristic vegetables are *ampalaya* fruit, eggplant and *sitao*. Pork, shrimps and pork crackling (*sitsaron*) are sometimes added. The Tagalogs have modified pinacbet by adding plenty of fresh shrimps and pork.

KARI-KARI is a very popular dish. The cuts of beef used are shank or tail or stomach. A combination of the three is commonly done. The meat is boiled until soft. When done, it is sautéed with garlic, *bagoong alamang*, achuete lard and vegetables. The most common vegetables used are banana bud, *sitao* pods, *kalabasa* leaves, *habichuelas* (snap beans) and egg plants. The banana bud makes it very black especially if the iron *carajay* * is used. This vegetables may be eliminated. The other vegetables are sufficient. Ground toasted rice and peanuts are added to thicken the sauce. *Kari-kari* is served with sautéed *bagoong alamang* sauce and pork adobo. This combination should not be encouraged from the standpoint of economy. *Adobo* and *karikari* are both meat courses. If this is desired a little meat and more vegetables may be used in *kari-kari*. *Alamang* sauce is highly recommended because of its calcium content.

MOLE or *pipian* is similar to *kari-kari* except that very few vegetables are used. Any meat as pork or chicken may be used. The toasted ground rice and peanuts are also present. *Mole* is also served with *bagoong alamang* sauce.

TINOLA is a process of cooking poultry or fish by first sautéing the pounded garlic and sliced onions in a little amount of fat and adding the *patis* and the chicken or fish. It is then covered for a period of about three to five minutes and then water is added. When the meat is almost done, the vegetables are finally added. In the case of fish *tinola*, the vegetables are sautéed first, then the fish is added next and covered. The water is added last. It is similar to *pesa* in that the same amount of water is added, but it differs from *pesa* because of the presence of sautéed garlic.

SINUAM is similar to *tinola* except that crushed ginger in added and vegetables may or may not be present. Poultry, fish, and shellfish, particularly the clam, are used.

HUMBA is a tagalog term for "estofado." Pork shanks are cleaned and cut to desired pieces of approximately 3" x 3". They are seasoned with salt and pepper and then fried in deep hot fat until light brown. They are then cooked in vinegar, salt, sugar, some water and spices until tender. The spices used are *laurel* leaves, *canela*, *sanke*, and pepper. When the meat is tender, fried bread, fried potatoes and fried *saba* are added. Just before serving a little gin is added.

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* Cooking container which is usually made of iron.

The old method of preparing *humba* followed the same procedure described above with the exception of the following features:

A. The presence of sautéed whole cloves of garlic.

B. The use of *asad*. This is done by interlacing bamboos of ½″ width with a distance of approximately 1-½″ square. The vinegar, water, spices, fried cloves of garlic are placed in the native pot. The *asad* is fitted to about 2″ distance from the bottom of the pot. The fried shanks are placed on top of the *asad*. Water, vinegar, salt and sugar are added. The pot is then covered and cooked for three successive days for approximately two to three hours each day, the number of hours depending on the tenderness of the meat. The fried vegetables and fried bread are finally added on the last day of cooking. Gin is added just before serving.

PINAÑGAT is a method of cooking fish with salt and a little vinegar in a native pot and allowing it to dry in the pot over a low heat. Tulingan (tuna fish) pangat is a common dish sold in Batangas. It lasts for weeks in this state. It is one native method of preserving fish.

LAKSA is a Tagalog term meaning ten thousand. This is a tagalog dish which consists of assorted vegetables, shrimps, pork and *sutanghon*. It has leafy vegetables, fruit vegetables, stems and legumes. No tomatoes are used. The vegetables commonly used are banana bud, kalabasa fruits and leaves, siguidillas, batao, sitao pods, patani and eggplant.

SUMAN is sticky rice with or without salt or sugar, wrapped in leaves, some are cooked with coconut milk while others are treated with lye to produce a characteristic color and flavor. Some roots of the sticky variety such as cassava and arrow root are used. They are usually grated. Sugar is added.

DAING is salted dried fish of any kind ranging from the small to the large fish. The fish is cut along the center of the dorsal side lengthwise, cleaned, salted and dried under the sun.

TUYO is salted dried whole fish, preferably small ones, ranging from 3″ to 6″ long. The internal organs are not removed. The kinds of fish most commonly used are herring, salaysalay, and sapsap.

HAOT is similar to *tuyo* with the exception that it is not very dry and an excess of salt is used. Herring is used.

TINAPA is smoked whole fish with very little salt. The creosote in the smoke preserves the fish.

TAPA is a term for dried salted meat of any kind which was thinly sliced.

SITSARON is crackling. This is made from the skins of pork. There are two kinds of sitsaron sold in the market. One kind is just plain skin of pork. It is brittle, dry, and without fat. The other kind is also made from skin but it has a little fat and meat with it. The latter is more expensive than the former.

The following points should be observed in order to have a good product:

(1) The skin should be boiled until soft. The skin of young animals is better than that of old ones. But the use of a pressure cooker can soften the skin.

(2) Before dipping it in hot lard the skin should be allowed to drip for several hours.

(3) It should be soaked in lard for a week or so before the final frying is done.

The system of throwing cold water into the hot lard while frying the skin should be discouraged. This procedure is dangerous and has no basic scientific foundation.

Uses of Sitsaron:

(1) Garnishing for *pansit luglog*. For this purpose, it is pounded very fine.

(2) As an appetizer in cocktail parties.

(3) As an ingredient in vegetable *guisado*.

(4) As a viand.

This is a protein food because it is made from the skin. According to chemical analysis it has 48.4 per cent of protein.

The following are commonly done in the kitchen by most Filipino housewives:

Cleaning the Dalag:

DALAG (mud fish) is one of the most difficult fish to clean. This fish is not very popular in the Southern Islands. It is not eaten by many of the people from the south. It is a fresh water fish and in towns, along Laguna de Bay, the sight of men and women rubbing the *dalag* on the rough surfaces of stones is very familiar. The following method of cleaning the fish has been found to be successful:

Remove the scales and the intestines. Place in a pan enough water to soak the fish. Bring the water to simmering point. Squeeze some overripe kalamansi or kalamias or any sour fruit or add 1 T. of vinegar to every 2 cups of water used. Pour this warm acidic water into a basin and soak the fish for 15 minutes. The water should not be very hot because the skin of the fish will peel off. The acid and the heat coagulates the black slimy covering of the *dalag*. With the dull end of a knife, scrape the black slimy covering from the head to the tail. Other fishes such as kanduli and hito may be cleaned in a similar manner.

[redacted]

Extracting the Coconut Milk:

Grate the coconut with a coconut grater. Place about 2 or 3 cups of the grated coconut at the center of a square foot of sinamay cloth. Fold the corners towards the center to enclose the grated coconut. Roll and squeeze the coconut milk. See figure 1. This first extraction is called "kakang gata" the thick coconut milk. An average of ⅓ cup of thick coconut milk is obtained per coconut. A small coconut yields around ¼ cup while a large coconut yields as much as ½ cup. No water is added.

A piece of white cloth or a small bag may be made for this purpose instead of a piece of sinamay. A potato ricer is a very sanitary equipment which is highly recommended for squeezing the coconut milk especially if it will be served raw. In the absence of a potato ricer, and if the coconut milk is to be extracted by hands, it may be boiled for 1 or 2 minutes, care being taken to prevent the curdling by stirring it continuously.

A second extraction may be effected by adding 1 cup of hot water to every 2 cups of the coconut meat. Macerate the coconut meat very well. Pass thru a sieve and use the sinamay cloth or a bag or the potato ricer for extracting the rest of the coconut milk.

Extracting the Coconut Oil and Making the Latek:

A. *Hot extraction:*

Place the thick coconut milk in a saucepan. Cook over a moderate flame, stirring it once in a while to prevent scorching until it becomes oily. Separate the oil from the coagulated protein (latek) by passing it thru a fine sieve. More oil is obtained from a mature coconut.

The coagulated protein (latek) can be served with sugar. It is very delicious when served with *maja* and some other rice preparations.

B. *Cold Extraction:*

Mix the thick and the thin coconut milk. Place in a tall glass. Cover the top with a piece of sinamay cloth to prevent the croaches, flies and other insects from getting into the glass container. Place in a corner and allow 24 to 32 hours of fermentation. The oil will separate from the rest of the constituents and float on the surface. The oil may be siphoned or carefully separated from the rest of the constituents with a spoon. Pass thru a filter paper. The oil is clear and colorless. The disadvantage of this process is that the latek cannot be eaten due to the fermentation process.

Rendering Lard:

Cut the pork fat to ½″ cubes. Place in a skillet or iron pan. Add a little amount of salt. Cook over a moderate flame. Stir it once in a while to prevent burning of the pork fat. Cook until the pork fat is light brown. Remove the lard and place in a cool place. The pork fat may be used as one of the ingredients in sautéed vegetables, pinacbet and other guisado dishes.

Clarifying Fat:

Place all the used fats and oils in a pan and add three times its volume of water. Bring to a boil and stir. Place in a corner to cool. The sediments will settle at the bottom of the pan. When the lard is cold, place the whole pan in a refrigerator to solidify the fat. Remove the solidified fat and discard the water with its sediments. If the lard is not yet clean, the process may be repeated two or three times.

HOW TO EXTRACT COCONUT MILK

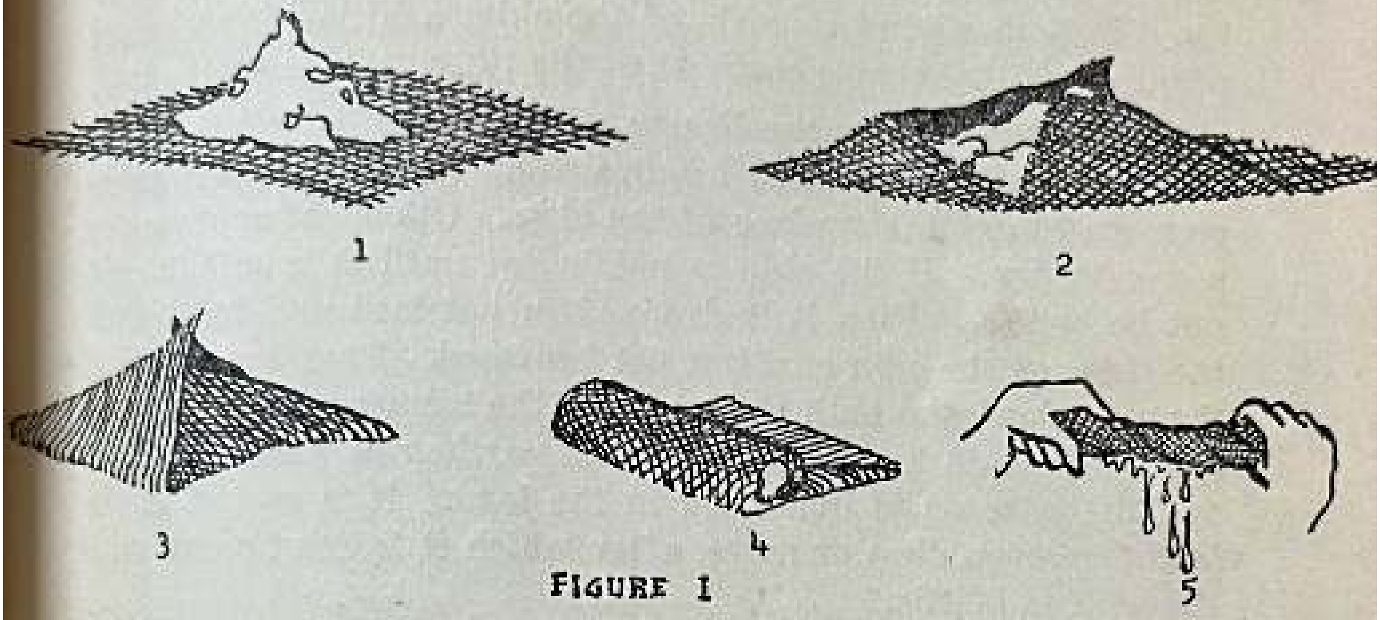

FIGURE I

STEPS IN MAKING TORTILLA

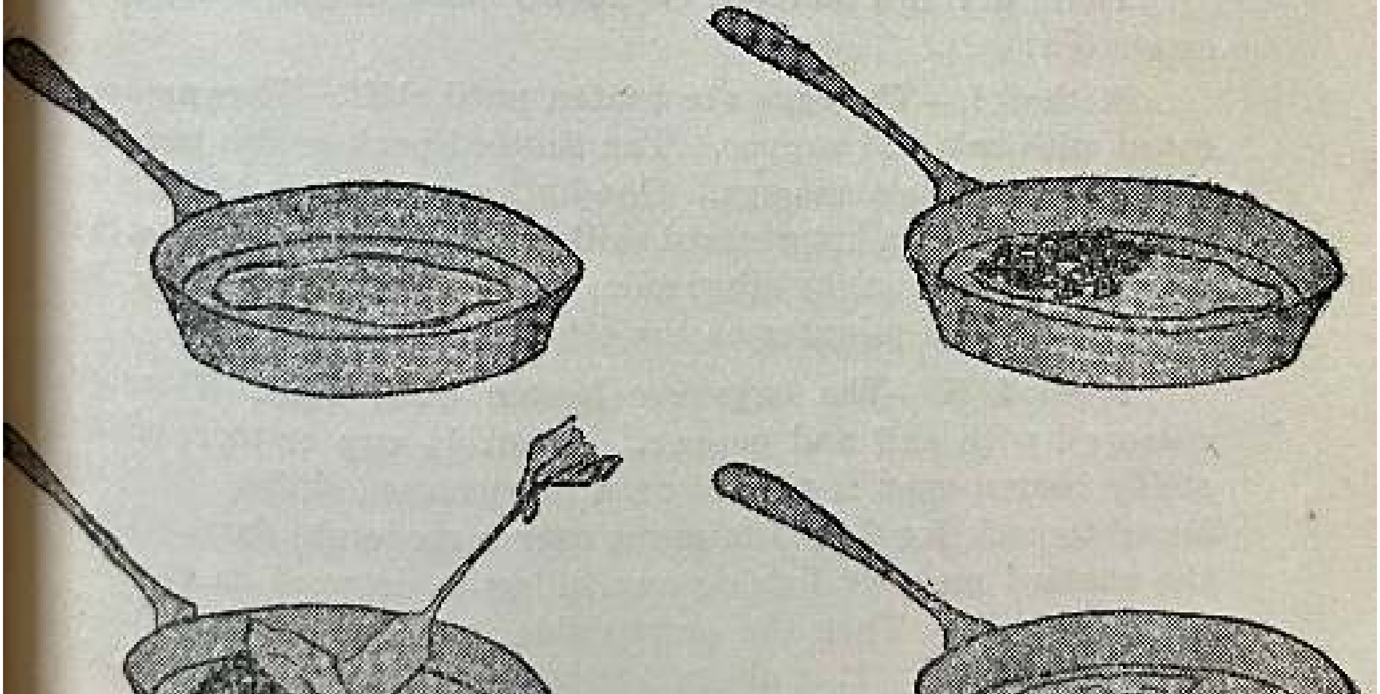

FIGURE II

Making "Sitsaron" (Crackling):

Sitsaron or *chicharon* as many call it is a very popular by-product of lard. There are several kinds of *sitsaron* in the market. One kind is plain skin of pork which is dry and very brittle. The other kind consists of the skin, a little fat and meat of pork. This is more costly than the former. *Liempo* is used.

First the skin or the *liempo* with it's skin is boiled with a little salt until soft. They are drained. It takes about 5 hours or more to dry the surface of the skin. Others hang them for a day to dry. If the skin is not boiled until it is soft, it will not be brittle. Then it is dropped in hot lard and fried until the sides of the skin curl but not browned. They are removed from the lard and both the lard and the *sitsaron* are allowed to cool. The cold lard is placed in an earthen or glass container and the *sitsaron* is immersed in the lard. It is soaked in the lard for seven days or more, after which it is fried again until the skin is brittle.

Preparing Torta or Tortilla:

There are two methods commonly used in preparing *torta* or *tortilla*:

Method I.—The eggs are beaten until stiff. They are seasoned with salt and pepper. The sautéed pork or fish is mixed with the stiffly beaten eggs. One half cup or a cup of the mixture is poured on a hot greased skillet. After 2 or 3 minutes the *tortilla* is turned on the other side. It is allowed to cook for the same number of minutes as the other side.

Method II.—The eggs are beaten until light. They are seasoned with salt and pepper. About ½ cup or more of the stiffly beaten eggs is poured on a hot greased skillet. It is allowed to cook for 2 or 3 minutes over a moderate flame. Then the sautéed meat or fish or any filling is dropped on one side of the *tortilla*. Then the empty side is folded over the filling and then turned. It is allowed to cook for 2 or 3 minutes. See figure 2.

Preparing Guisado:

The term *guisado* is used in meat, fish, vegetables and egg dishes which have been cooked in a mixture of sautéed garlic, onions and tomatoes. Most vegetable *guisado* do not have tomatoes. When one hears of *guisado* one associates it with plenty of lard, garlic, onions and tomatoes. The following procedure is followed:

1. Sauté the pounded garlic in lard until light brown. The garlic should be pounded instead of chopped in order to brown it uniformly. The good flavor of the *guisado* is dependent on the proper browning of the garlic. If the garlic is burned it imparts a bitter flavor to the *guisado*. If it is raw it doesn't have the characteristic flavor of a good *guisado*.
2. Add the onions and stir for one or two minutes.
3. Add the chopped tomatoes. Cover and cook for 3 to 5 minutes. The length of time in cooking the tomatoes depends upon the degree of ripeness of the fruit and the sizes of the chopped tomatoes. If it is finely chopped and the fruit is very ripe, the time of cooking is shorter than that of the unripe fruit which is not finely chopped. Some remove the seeds of the tomatoes. This is not necessary, but for fine cooking it is highly recommended. A good *guisado* is one in which the tomatoes are well cooked in lard.

How to Make:

(a) *Bagoong Alamang:*

Alamang are the very small shrimps. Use 3 parts fresh *alamang* to one part coarse salt. Stir well and place in a clean jar. Cover and cure for 2 weeks. This proportion is 30 per cent salt by volume or 33 per cent salt by weight on the following weight basis: 1 c. *alamang* = 185 gms.; 1 c. coarse salt = 175 gms.

(b) *Bagoong dilis* (anchovy):

Use one part coarse salt to three parts of *dilis*. Stir and place in a jar. Cover and cure for 3 weeks or more.

(c) *Patis* and *heko:*

Method I: Squeeze the juice of the *bagoong alamang*. For every 1 cup of the juice use one *dayap* cut to pieces. Bring to a boil. Cook for 5 minutes. Place in a clean bottle and allow to stand for a day. Siphon the clear supernatant fluid and place in a clean bottle and sterilize. This is first class *patis* without any dilution.

Method II: Use one part *bagoong alamang* or *bagoong dilis* to 3 parts water by volume. Place in an enamel saucepan and cook over a moderate flame for about 30 minutes stirring it once in a while. Place in tall glass containers and allow to stand for 8 hours or more. Siphon or remove the clear fluid on top and place in clean bottles and sterilize. The sediment is the *heko*. It is a good source of calcium. It can be used for seasoning sautéed vegetables. The clear portion is the *patis*. It is diluted with water.

How To Prepare Achuete Lard:

Achuete (Bixa Orellana, Linn.) is a very common food coloring used by practically every Filipino housewife. The common method of extracting the color is by soaking the *achuete* seeds in water and rubbing them with the fingers for a few minutes. This method does not extract all the coloring matter. The yellow orange color is fat soluble.

Place ½ cup of the seeds in a saucepan and add 1 cup of lard or any cooking oil. Heat over a low flame and cook for 3 minutes. Remove from the fire and allow to cool. When the lard is cool, pass thru a sieve and place the *achuete* lard in wide mouthed bottles and use 1 or 2 tablespoons in coloring *lumpia, kari-kari* or other dishes which need the *achuete* coloring. It should be placed in a refrigerator to prevent the lard or oil from getting rancid. The seeds should not be thrown away. A second or third extraction may be effected. Less lard or oil should be used.

How To Prepare:

(a) Cassava flour or any root flour:

Peel the cassava or any roots and slice them thinly across. Dry under the sun or in an oven with low heat. If properly dried, they can be kept in covered container until needed. Grind through a mill grinder 2 or 3 times. Keep in glass covered containers ready for use. This can be used for thickening sauces and in baking cakes and cookies.

(b) Rice Flour:

Malagkit flour is very handy in any Filipino kitchen. This can be moistened with enough water to make a dough and one can have *palitao, palatok* or *bola-bola* in coconut milk, *kalamay* and *tikoy*.

See to it that the *malagkit* is free from palay, sand and other foreign matters. Grind it through a mill grinder 3 times or until it is very fine. Place in covered glass ready for use.

Wagwag, elon-elon and other varieties of rice may be ground and kept in glass jars ready for use.

How To Sprout Beans:

Place the dried mongo beans in an earthenware container. Pour warm water enough to cover the beans. Place in a corner. After 2 days the beans will begin to sprout. Remove the bean covering by placing the sprouts in a basin of water. They will float on the surface of the water. Bean sprout is a good source of vitamin C.

OTHER METHODS OF FOOD PREPARATION USED IN A FILIPINO KITCHEN

Baking is a process of cooking food in an oven. This method of cooking food is not very commonly used by low income families in the Philippines because the cost of an oven is not within the reach of even the moderate income group. However, the Orosa Palayok oven may be used for baking cakes, cookies, and fish but it is not practical in baking meat where a higher temperature is desired. Made to order ovens made of tin has been found to be practical, but it needs the hands of an expert. Asbestos pads, thick cardboard and banana leaves may be placed at the bottom or sides, or on top of the shelf if excessive heat is not desired at such places.

Broiling is cooking meat or fish or vegetables, over live charcoals. This process is called *"inihao"* in Tagalog, *"tinuno"* in Ilocano, *"sinugba"* in Capiz and *"dinarang"* in Bicol. Pork meat should be soaked in vinegar, garlic and salt before broiling. It is a very popular dish. The pork meat should be a tender cut such as the loin. If the meat is not very tender it should not be placed close to the charcoal because the meat will be burned before it becomes tender. The very common foods that are broiled are *tuyo, daing, tapa,* fresh fish, eggplant and large sweet pepper.

Braising is cooking meat, diced vegetables, stock and herbs in a covered container with slices of pork fat at the bottom of the pan. The mixture is cooked slowly until the meat is soft.

Boning is the process of cutting the meat free from bones, care being taken to have the meat whole. Some stuffings are used to retain its original shape. This is done in chicken *relleno* and fish *relleno*.

Larding is the process of inserting strips of pork fat, preferably the rind, into the meat or on surfaces of meats. This is done in preparing meat for *michado*.

Sautéing is cooking food in a little hot fat in shallow cooking containers. The container most commonly used throughout the Philippines is the "*carajay*" or "*kawali.*" Aluminum *carajay* is preferable to iron *carajay* because the vegetables especially those with tanins become very black when the latter container is used. Shallow enamel saucepans or aluminum skillets are also used. *Guisado* is sautéing.

Simmering is a slow, long cooking of food in water. The temperature ranges from 185°F to 193°F. The cooking container should be covered.

Guinataan is cooking food in coconut milk. This process of food preparation is very common in desserts. Rice, roots, corn, bananas, beans are very commonly used in preparing desserts. Chicken, pork, fish and vegetables are also cooked in coconut milk. Vinegar and garlic are the two ingredients that go well with coconut milk dishes as *tinuto, tinagan* and *guinataan adobo.*

RECIPES COMMONLY COOKED IN THE PHILIPPINES

The recipes in this chapter have been standardized and their food values have been computed. Deductions were based on the findings of the effect of cooking on vitamins. Fifty per cent of vitamin C was deducted on cooked vegetables such as *guisado*, boiled, etc. In fruit salads and raw vegetable salads 20 per cent loss due to the effect of oxidation was deducted from the total recipes. *Guisado* vegetables, meat and fish do not have losses on minerals and other water soluble vitamins because the water is not discarded. From the standpoint of mineral retention, *guisado* vegetables should be preferred to boiled vegetables. Likewise, steaming is better than boiling vegetables. Great losses are incurred in boiling vegetables and throwing away the water.

It will be noted that the protein shares of some vegetable and fruit dishes were based on 3.2 grams of protein instead of 2.4 grams of protein a share. This is due to the recommendation of the National Research Council that 80 grams of protein should be allowed if the protein comes from vegetable sources. Hence, $^1/_{25}$ of 80 grams equals 3.2 grams of protein a share. Meat, fish and milk dishes were computed on 2.4 grams of protein a share.

CHICKEN ASPARAGUS SOUP
(6 servings)

Chicken breast	½ breast	100 gms.	chopped
Asparagus	1 can	200 "	cut to 1" pieces
Onions	½ c.	50 "	sliced
Lard	1 T.	11 "	
Garlic	½ T.	5 "	pounded
Chicken broth	5 cups		
Salt and pepper to taste.			

Sauté the garlic until light brown. Add the onions and cook for 3 minutes. Then add the chicken broth, chicken, and asparagus. Season with salt and pepper. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	363 cals.	60 cals.	3.6	.6
Protein	24.49 gms.	4.07 gms.	10.5	1.7
Fat	24.37 "	4.06 "	—	—
Carbohydrate ..	11.51 "	1.91 "	—	—
Calcium	.088 "	.014 "	3.1	.5
Iron	.00415 "	.00069 "	8.6	1.4
Vitamin A	1,225 I.U.	204 I.U.	7.6	1.2
Vitamin B_1	.24 mgs.	.04 mgs.	3.7	.6
Vitamin C	34 "	5 "	14	2
Riboflavin	.37 "	.06 "	3.4	.6
Niacin	10.20 "	1.70 "	14	2

CLAM SINUAM WITH MALUNGAY LEAVES

(8 servings)

Clams	12 c.	2 kgs.,	with shells
	2½ c.	400 gms.,	edible portion
Onions	½ c.	50 "	chopped
Garlic	½ T.	5 "	pounded
Ginger	a piece	5 "	
Lard	1 T.	11 "	
Patis	3 T.		
Malungay leaves	1 c.	30 "	
Rice water	3 c.		

Place the clams in a saucepan. Add 3 cups of rice water and cover. Boil for 5 minutes. Remove the flesh and set aside. This amount will yield 2½ cups of flesh if the clams are fat.

Sauté the garlic in lard until light brown. Add the onions, ginger and *patis*. Then add the clam meat, *malungay* leaves and 6 cups of clam juice. Cover and cook for 5 minutes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	457 cals.	57 cals.	4.6	.6
Protein	41.32 gms.	5.16 gms.	17.2	2.1
Fat	20.37 "	2.54 "	—	—
Carbohydrate ..	27.18 "	3.39 "	—	—
Calcium	1.1752 "	.1469 "	41.9	5.2
Iron	.0112 "	.0014 "	22.4	2.8
Vitamin A	11,325 I.U.	1,415 I.U.	70.5	8.8
Vitamin B_1	.18 mgs.	.02 mgs.	2.8	0.3
Vitamin C	25 "	3 "	10.4	1.3
Riboflavin	.73 "	.09 "	6.7	0.8
Niacin	5.17 "	0.64 "	7.2	0.9

CLAMS WITH KANGKONG LEAVES

(8 servings)

Clams	12 c.	2 kgs.,	with shells
	2½ c.	400 gms.	edible portion
Onions	½ c.	50 "	sliced
Tomatoes	½ c.	100 "	chopped
Garlic	½ T.	5 "	pounded
Lard	1 T.	11 "	
Rice water	4 c.		
Ginger	a piece		after boiling the clams one can get about 7 cups clam liquor
Patis	3 T.		
Kangkong leaves	2 c.	100 "	

Place the clams and rice water in a saucepan. Cover and boil for 5 minutes. Remove the flesh from the shells and set it aside with its liquor. (12 cups of clams with shells will yield 2 cups of clam meat).

Sauté the garlic until light brown. Add the onions, ginger and the tomatoes. Cover and cook for 5 minutes. Add *patis* and the clam liquor. Then add the *kangkong* leaves. Cover and cook for 10 minutes. When the vegetables are done add the clam meat. Cook for 3 minutes, and serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN: Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	478 cals.	59 cals.	4.8	.6
Protein	44.62 gms.	5.57 gms.	18.5	2.3
Fat	20.08 "	2.51 "	—	—
Carbohydrate ..	29.73 "	3.71 "	—	—
Calcium	1.1312 "	0.1414 "	40.4	5.1
Iron	.0372 "	.0046 "	—	—
Vitamin A	11,942 I.U.	1,492 I.U.	74	9
Vitamin B_1	0.23 mgs.	0.03 mgs.	4.1	0.5
Vitamin C	104 "	13 "	43	5
Riboflavin	.7628 "	.0903 "	7	0.8
Niacin	5.71 "	.71 "	7.9	0.9

CORN SOUP
(6 servings)

Fresh green corn (yellow)	1 c.	200 gms.	sliced from the cob
Lard	1 T.	11 "	
Garlic	½ T.	5 "	pounded
Onions	½ c.	48 "	sliced
Sili leaves (*labuyo*) ..	½ c.	20 "	
Rice water	5 c.		

Patis and pepper to taste

Sauté the garlic until brown. Add the onions and the corn. Season with *patis* and pepper. Cover for a few minutes. Add the rice water. Cook for about 15 minutes. Then add the *sili* leaves. Cook for 5 minutes more and serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	342 cals.	57 cals.	3.4	.6
Protein	8.54 gms.	1.42 gms.	2.7 *	.4 *
Fat	13.58 "	2.26 "	—	—
Carbohydrate ..	46.85 "	7.80 "	—	—
Calcium	.018 "	.003 "	.6	.1
Iron	.00100 "	.00016 "	2.1	.3
Vitamin A	780 I.U.	130 I.U.	5.0	.8
Vitamin B_1	.30 mgs.	.05 mgs.	4.7	.8
Vitamin C	24 "	4 "	10	1.7
Riboflavin	.280 "	.046 "	2.6	.4
Niacin	2.80 "	.46 "	3.9	.6

* The protein shares of all those with asterisk are based on 3.2 grams of protein instead of 2.4 grams.

EGG SOUP

(5 servings)

Chicken broth	4 c.		
Eggs	1	65 gms.	
Onions	½ c.	50 "	sliced

Salt and pepper to taste.

Add the onions to the chicken broth and bring to a boil. Beat the egg and stir it into the boiling soup. Remove from the fire immediately. Season with salt and pepper. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	127 cals.	25 cals.	1.3	0.1
Protein	8.97 gms.	1.79 gms.	3.7	0.7
Fat	7.96 "	1.59 "	—	—
Carbohydrate ..	4.98 "	.99 "	—	—
Calcium	.0465 "	.0093 "	1.6	.3
Iron	.0025 "	.0005 "	5	1
Vitamin A	675 I.U.	135 I.U.	4.2	0.8
Vitamin B_1	0.11 mgs.	0.02 mgs.	1.7	0.3
Vitamin C	1.75 "	.35 "	—	—
Riboflavin	.23 "	.04 "	2.1	0.4
Niacin	.15 "	.05 "	.2	—

Fish dishes:

APAHAP PESA

(6 servings)

Apahap	1 med. size	750 gms. 500 "	a.p. or e.p.
Pechay	2 heads	150 "	
Water	5 c.		
Whole black pepper	4 grains		
Ginger	a piece	10 "	
Salt to taste			

Clean the *apahap* and cut to desired pieces. The bigger the pieces the better. Sometimes one whole piece is used. Boil the water with the ginger and pepper. Drop the fish and the *pechay*. Cover and cook until done. Takes about 20 minutes boiling over a low flame. Serve hot with *miso* sauce.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	506 cals.	84 cals.	5.1	0.8
Protein	101.15 gms.	16.85 gms.	42.3	7.1
Fat	8.91 "	1.48 "	—	—
Carbohydrate	5.46 "	0.91 "	—	—
Calcium	.105 "	.017 "	3.7	0.6
Iron	.0005 "	.0001 "	1.0	0.1
Vitamin A	—	—	—	—
Vitamin B_1	.25 mgs.	.04 mgs.	3.9	0.6
Vitamin C	—	—	—	—
Riboflavin	.25 "	.04 "	2.3	0.4
Niacin	14.7 "	2.4 "	20.4	3.6

BAKED BAÑGUS WITH YOUNG CORN

(10 servings)

Bañgus	1 med. size	800 gms. or 650 "	a.p. e.p.
Young corn	1 c.	230 "	grated
String beans	1 c.	100 "	½" long
Butter	¼ c.	60 "	
Kalamansi juice	2 T.	30 "	
Salt and pepper to taste.			
Hot water	½ c.		

Clean the *bañgus*. Season with salt, pepper and *kalamansi* juice. Place in a pyrex dish. Garnish top with corn and stringbeans. Pour the hot water. Dash the top with butter. Cover the pyrex dish and bake in a moderate oven for about 35 minutes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN: Calories and Weights — Whole Recipe	FOOD VALUES IN: Calories and Weights — One Serving	FOOD VALUES IN: Shares — Whole Recipe	FOOD VALUES IN: Shares — One Serving
Calories	2,390 cals.	239 cals.	23.9	2.4
Protein	183.59 gms.	18.35 gms.	76.4	7.6
Fat	82.88 "	8.28 "	—	—
Carbohydrate ..	227.55 "	22.75 "	—	—
Calcium	.1040 "	.0104 "	3.7	0.4
Iron	.0241 "	.0024 "	48.2	4.8
Vitamin A	2,517 I.U.	252 I.U.	15.7	1.6
Vitamin B_1	1.51 mgs.	.15 mgs.	23.5	2.4
Vitamin C	28 "	2.8 "	11.6	1.2
Riboflavin	0.2 "	.02 "	1.8	0.2
Niacin	4.71 "	.47 "	6.5	0.7

BAÑGUS ESCABECHE

(10 servings)

Bañgus	1 med. size	1,300 gms. 1,000 "	A.P. or E.P. (clean, cut to 10 pieces slantwise)
Papaya (*manibalang*)	1½ c.	100 "	grated
Green pepper	1 sm. size	50 "	sliced
Lard	¼ c.	44 "	
Onions	2 c.	192 "	sliced
Garlic	2 T.	20 "	sliced
Ginger	a piece	7 "	sliced
Sugar	½ c.	100 "	
Vinegar	½ c.		
Water	1½ c.		

Salt and pepper to taste.

Clean the *bañgus* and divide into 10 pieces. Season with salt and pepper. Roll in flour and fry. Set aside.

In a saucepan place the onions, garlic, ginger, papaya, green pepper, water and vinegar. Season with salt and pepper and cook for 5 minutes. Lastly add the sugar and pour mixture over the fried *bañgus*.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,766 cals.	177 cals.	17.7	1.8
Protein	151.25 gms.	15.12 gms.	63	6.3
Fat	68.81 "	6.88 "	—	—
Carbohydrate	135.47 "	13.54 "	—	—
Calcium	.184 "	.0184 "	6.5	0.7
Iron	.0097 "	.0009 "	19.4	1.9
Vitamin A	3,284 I.U.	328 I.U.	20.5	2.1
Vitamin B_1	1.01 mgs.	.10 mgs.	15.9	1.5
Vitamin C	64 "	6.4 "	26.6	2.7
Riboflavin	.90 "	.09 "	8.3	0.8
Niacin	30 "	3 "	41.6	4.2

BAÑGUS RELLENADO

(6 servings)

Bañgus	1 med. size	600 gms. 400 "	A.P. or E.P.
Lard	5 T.	55 "	
Garlic	1 T.	10 "	
Onions	½ c.	48 "	chopped
Tomatoes	½ c.	110 "	chopped
Raisins	¼ c.	30 "	
Egg	1 large	70 "	

Salt and pepper to taste

Juice of one *kalamansi*

Clean the fish and cut lengthwise at the dorsal side leaving the head untouched. Remove the entrails. With a sharp knife, separate the flesh from the skin leaving only a thin layer of flesh near the skin. Boil the flesh in ¼ cup of water for 5 minutes. When done remove the spines. Meanwhile soak the skin in *kalamansi* juice, a little salt and pepper.

In a saucepan, sauté the garlic in 1 T. of lard until light brown. Add the onions and the tomatoes. Season with salt and pepper and cook for 5 to 8 minutes. Add the fish flesh and raisins. Cook for another 5 minutes. Remove from the fire. Add the flour and stir. Stuff the fish with the sautéed fish filling and the boiled egg cut into quarters. With a big needle and thread, sew the dorsal opening.

Roll stuffed fish in flour and fry or bake in a moderate oven using the rest of the lard. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,139 cals.	189 cals.	11.4	1.9
Protein	89.90 gms.	14.98 gms.	37.4	6.2
Fat	73.68 "	12.28 "	—	—
Carbohydrate	28.82 "	4.80 "	—	—
Calcium	.137 "	.023 "	4.9	0.8
Iron	.0067 "	.0011 "	13.9	2.8
Vitamin A	1,571 I.U.	261 I.U.	9.8	1.6
Vitamin B_1	.42 mgs.	.07 mgs.	6.6	1.1
Vitamin C	23 "	4 "	9	1.6
Riboflavin	.56 "	.09 "	5.2	0.8
Niacin	17.59 "	2.93 "	24.4	4.1

BAÑGUS SARCIADO

(6 servings)

Bañgus	1 med. size	700 gms. A.P. or 500 " E.P.	Clean and cut into 6 pieces
Lard	4 T.	44 "	
Garlic	1 T.	10 "	pounded
Onions	1 c.	120 "	chopped
Tomatoes	1 c.	200 "	chopped
Salt and pepper to taste			

Season the fish with salt and pepper. Fry and set aside. Sauté the garlic in lard and when light brown add the onions and the tomatoes. Season with salt and pepper and stir. Cover and cook for 10 minutes over a medium flame. A little water may be added. When done add the fried fish. Cook for 5 minutes and serve hot. Any fish may be used instead of *bañgus*.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	890 cals.	148 cals.	8.9	1.5
Protein	76.82 gms.	12.80 gms.	32.0	5.3
Fat	56.58 "	9.43 "	—	—
Carbohydrate	18.73 "	3.12 "	—	—
Calcium	.1210 "	.0200 "	4.3	.7
Iron	.0047 "	.0008 "	9.8	1.6
Vitamin A	1,074 I.U.	179 I.U.	6.7	1.1
Vitamin B_1	.36 mgs.	.06 mgs.	5.6	1
Vitamin C	4.3 "	7 "	17.5	3.0
Riboflavin	.31 "	.05 "	2.8	.5
Niacin	13.92 "	2.32 "	19.3	3.2

BAÑGUS TORTILLA

(6 servings)

Bañgus	1 med. size	500 gms.	A.P.
	1½ c.	300 "	E.P. (cooked weight)
Garlic	½ T.	5 "	pounded
Onions	½ c.	50 "	chopped
Tomatoes	⅓ c.	60 "	chopped
Lard	3 T.	33 "	
Eggs	3 med. size	210 "	
Salt and pepper to taste			

Clean the fish and place in a saucepan. Add ½ c. of water and boil for 3 minutes. Remove the spines and set the fish flesh aside.

Sauté the garlic until light brown. Add the onions and the tomatoes. Cook for 5 minutes. Then add the fish. Season with salt and pepper. Beat the eggs until light. Season with salt and pepper. Follow the directions for making *tortillas* using the *guisado bañgus* for the contents. See page 50 and figure II.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,032 cals.	171 cals.	10.3	1.7
Protein	92.73 gms.	15.33 gms.	38.6	6.4
Fat	68.94 "	11.49 "	—	—
Carbohydrate ..	10.11 "	1.68 "	—	—
Calcium	.1276 "	.0212 "	4.6	0.7
Iron	.0081 "	.0013 "	16.2	2.7
Vitamin A	2,435 I.U.	406 I.U.	15.2	2.5
Vitamin B_1	.88 mgs.	.14 mgs.	13.7	2.3
Vitamin C	10 "	1.6 "	4.1	0.7
Riboflavin	.74 "	.12 "	6.8	1.1
Niacin	.65 "	.11 "	0.8	0.1

CRAB TORTILLA

(4 servings)

Crab meat	1½ c.	200 gms.	
Garlic	½ T.	5 "	
Onions	½ c.	50 "	pounded
Eggs	3 large	120 "	sliced
Lard	3 T.	33 "	
Salt and pepper to taste			

Sauté garlic in 1 T. of lard until light brown. Add the onions. Add the crab meat. Season with salt and pepper. Stir and cook for about 3 minutes. Remove from fire and set aside.

Beat the eggs until light and prepare four *tortillas* using ⅜ cup of the crab meat in each *tortilla*. See page 50 and figure II. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	707 cals.	177 cals.	7.1	1.8
Protein	49.86 gms.	12.46 gms.	20.6	5.1
Fat	52.71 "	13.17 "	—	—
Carbohydrate	8.59 "	2.14 "	—	—
Calcium	.120 "	.030 "	4.2	1.0
Iron	.0051 "	.0012 "	10.2	2.5
Vitamin A	1,393 I.U.	348 I.U.	8.68	2.17
Vitamin B_1	.61 mgs.	.15 mgs.	9.53	2.34
Vitamin C	4 "	1 "		—
Riboflavin	.718 "	.156 "	6.84	1.44
Niacin	5.49 "	1.37 "	7.62	1.90

DALAG PESA

(10 servings)

Dalag	1 med. size	1,000 gms.	A.P. (See instructions for cleaning *dalag* on pages 46 and 47.
Cabbage (head)	1 med. size	400 "	Cut to pieces
Pechay	1 head	20 "	
Green onions	1 head	10 "	
Ginger	a piece	5 "	
Water	4 c.		
Whole black pepper	3 grains		

Salt to taste

Place the water, ginger, pepper corn, green onions, cabbage and *pechay* in a saucepan. Bring to a boil and cook until the vegetables are half done. Add the fish and season with salt. Cover and cook for 15 minutes. Serve hot with *miso* sauce. See page 115.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	908 cals.	91 cals.	9	.9
Protein	171.59 gms.	17.15 gms.	71.4	7.1
Fat	9.81 "	.98 "	—	—
Carbohydrate ..	33.40 "	2.34 "	—	—
Calcium	.457 "	.046	16.3	1.6
Iron	.0097 "	.0009 "	19.4	1.9
Vitamin A	265 I.U.	26.5 I.U.	1.9	0.2
Vitamin B_1	.29 mgs.	.03 mgs.	4.5	0.5
Vitamin C	105 "	10.5 "	43	4.3
Riboflavin	.47 "	.05 "	4.05	.55
Niacin	20.60 "	2.0 "	28.61	2.8

DALAG TINOLA

(7 servings)

Dalag	1 med. size	800 gms. A.P. 600 " E.P.	Clean the fish and cut to 6 pieces.
Chayote	1 med. size	250 "	peel and cut to 8 parts.
Garlic	1 T.	10 "	Pounded
Ginger	a piece	10 "	Crushed
Rice water	3 c.		
Patis	2 T.		
Lard	1 T.	11 "	

Sauté the garlic until light brown. Add the *patis* and the ginger. Then add the rice water and the vegetables. Cook for 5 minutes and add the fish. Cover and cook for another 5 minutes. Serve hot with *patis* and *kalamansi*. Any fish may be used instead of *dalag*.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	657 cals.	94 cals.	6.9	.9
Protein	105.57 gms.	15.08 gms.	43.9	6.2
Fat	15.13 "	2.16 "	—	—
Carbohydrate ..	24.53 "	3.50 "	—	—
Calcium	.0357 "	.0051 "	1.3	0.2
Iron	.0019 "	.0002 "	3.8	0.5
Vitamin A	88 I.U.	12 I.U.	0.6	—
Vitamin B_1	0.11 mgs.	0.01 mgs.	1.7	0.2
Vitamin C	7 "	1 "	2.9	0.4
Riboflavin	.08 "	.01 "	0.7	0.1
Niacin	1.29 "	.17 "	1.7	0.2

DULONG TORTILLA

(4 servings)

Dulong	1 c.	200 gms.	
Lard	3 T.	33 "	
Garlic	½ T.	5 "	ground
Onions	¼ c.	30 "	sliced
Tomatoes	½ c.	100 "	chopped
Eggs	2 sm.	100 "	well beaten

Salt and pepper to taste.

Sauté the garlic in 2 T. of lard until light brown. Add the onions and the tomatoes. Season with salt and pepper and cook for 5 minutes. Add the *dulong* and stir to prevent scorching. Cook for 8-10 minutes.

Using the well beaten eggs and 1 T. of lard, prepare 4 *tortillas.* Serve hot. See directions for making *tortillas* on page 50 and see figure II.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	568 cals.	142 cals.	5.7	1.4
Protein	37.10 gms.	9.27 gms.	15.4	3.8
Fat	42.72 "	10.68 "	—	—
Carbohydrate ..	8.75 "	2.19 "	—	—
Calcium	.084 "	.021 "	3	.7
Iron	.00426 "	.00106 "	8.8	2.2
Vitamin A	2,012 I.U.	503 I.U.	11.9	2.9
Vitamin B_1	.24 mgs.	.06 mgs.	3.7	1
Vitamin C	23 "	6 "	9.5	2.3
Riboflavin	.40 "	.10 "	3.7	1
Niacin	6.98 "	1.77 "	9.6	2.4

FISH (HASAHASA) SARCIADO

(5 servings)

Hasahasa	5 med. size	700 gms. or	A.P.
		500 "	E.P.
Lard	5 T.	55 "	
Garlic	½ T.	5 "	pounded
Onions	½ c.	48 "	sliced
Tomatoes	1 c.	200 "	chopped

Salt and pepper to taste.

Clean the *hasahasa* and cut a slit ¼″ deep slantwise on both sides. Season with salt and pepper and *kalamansi* juice. Fry and set aside.

In a saucepan sauté the garlic in 2 T. of lard until light brown. Add the onions and the tomatoes. Season with salt and pepper. Cook for about 8 minutes. Add the fried fish. Let boil for 2 minutes more and serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	911 cals.	182 cals.	9.1	1.8
Protein	69.82 gms.	13.96 gms.	29.0	5.8
Fat	64.43 ″	12.88 ″	—	—
Carbohydrate ..	12.89 ″	2.57 ″	—	—
Calcium	.054 ″	.011 ″	1.9	.4
Iron	.00470 ″	.00094 ″	9.8	1.9
Vitamin A	2,200 I.U.	440 I.U.	13.8	2.7
Vitamin B_1	.257 mgs.	.051 mgs.	4	.8
Vitamin C	23 ″	4 ″	9	2
Riboflavin	.325 ″	.065 ″	3.0	.6
Niacin	15.90 ″	3.19 ″	22	4

GUINATAANG HIPON

(6 servings)

Fresh water shrimps .	3 c.	380 gms.	Small shrimps with skin and head
Garlic	1 T.	10 ″	Pounded
Kalamias	1 c.	158 ″	Sliced crosswise
Coconut milk	½ c.	108 ″	Thick
	1 c.		Thin
Salt	1½ T.		Coarse

Place all the above ingredients in a skillet. Do not use an iron pan as it will be discolored. Cover and cook until it is almost oily. Serve with fresh tomatoes and lettuce.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	844 cals.	141 cals.	8.4	1.4
Protein	85.29 gms.	14.22 gms.	35.4	5.9
Fat	52.45 "	8.74 "	—	—
Carbohydrate ..	7.72 "	1.29 "	—	—
Calcium	0.3206 "	.0534 "	11.5	1.9
Iron	0.0099 "	.0017 "	19.8	3.3
Vitamin A	228 I.U.	38 I.U.	1.4	0.2
Vitamin B_1	0.27 mgs.	0.05 mgs.	4.2	0.7
Vitamin C	45 "	8 "	18.8	3.1
Riboflavin	0.15 "	0.03 "	1.4	0.2
Niacin	7.69 "	1.28 "	10.7	1.8

OYSTERS WITH ONIONS

(5 servings)

Oysters	2 c.	450 gms.	Fresh
Onions	½ c.	50 "	Sliced
Garlic	1 T.	10 "	Pounded
Vinegar	1 c.		
Salt and pepper			

Place the oysters and vinegar in a pan. Bring to a boil. Cook for 1 minute and remove from the fire. Season with salt and pepper. Add the pounded garlic. Mix and place in a bowl. Garnish with sliced onions.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	315 cals.	63 cals.	3.2	.6
Protein	33.27 gms.	6.65 gms.	13.8	2.7
Fat	12.03 "	2.40 "	—	—
Carbohydrate ..	18.39 "	3.68 "	—	—
Calcium	.2769 mgs.	.0554 mgs.	9.8	1.9
Iron	.0260 "	.0052 "	52	10
Vitamin A	1,465 I.U.	293 I.U.	9.1	1.8
Vitamin B_1	0.77 mgs.	0.25 mgs.	12.3	2.4
Vitamin C	2.4 "	.5 "	1	—
Riboflavin	.91 "	.18 "	8.4	1.7
Niacin	5.5 "	1.1 "	1.1	.2

ADOBONG PUSIT

(8 servings)

Pusit		1,000 gms.	
Vinegar	1 c.		
Garlic	2 T.	20 "	pounded
Lard	⅓ c.	70 "	

Salt and pepper to taste.

Place the *pusit,* vinegar and garlic in a skillet. Season with salt and pepper. Cook over moderate flame for 15 minutes. Remove the liquid leaving the garlic and the *pusit* in the skillet. Add the lard and stir for 5 minutes to sauté the garlic and the *pusit* in lard. Then add the liquid. Cook for 5 more minutes and serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN: Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,619 cals.	202 cals.	16.2	2.0
Protein	119.91 gms.	14.88 gms.	49.9	6.2
Fat	75.39 "	9.42 "	—	—
Carbohydrate	115.17 "	14.39 "	—	—
Calcium	.0014 "	.0001 "	0.1	—
Iron	.0004 "	.0001 "	0.8	.1
Vitamin A	0 I.U.	0 I.U.	0	0
Vitamin B_1	0.41 mgs.	.05 mgs.	6.4	0.8
Vitamin C	1.3 "	0.1 "	—	—
Riboflavin	0	—	—	—
Niacin	.08 "	.01 "	.1	—

SALMON TORTILLA

(8 servings)

Salmon	2 c.	454 gms.	canned
Tomatoes	½ c.	100 "	chopped
Onions	1 c.	100 "	chopped
Garlic	½T.	5 "	pounded
Lard	3 T.	33 "	
Eggs	3	210 "	

Salt and pepper to taste.

Sauté the garlic in 1 T. of lard until light brown. Add the onions and the tomatoes. Cook for 5 minutes. Press the tomatoes with a basting spoon. Add the fish. Season with salt and pepper. Cook for 5 minutes. Remove from the fire.

Beat the eggs until light. Season with salt and pepper. Follow the directions for making *tortillas* on page 50 using the *guisado* salmon as filling.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,695 cals.	212 cals.	16.9	2.1
Protein	108.35 gms.	13.43 gms.	45.1	5.6
Fat	133.68 "	16.71 "	—	—
Carbohydrate	14.83 "	1.85 "	—	—
Calcium	.2587 mgs.	.0323 mgs.	9.2	1.1
Iron	.0152 "	.0019 "	30.4	3.8
Vitamin A	4,074 I.U.	509 I.U.	25.4	3.1
Vitamin B_1	.87 mgs.	.11 mgs.	13.5	1.7
Vitamin C	35 "	4.4 "	14.4	1.8
Riboflavin	1.80 "	.22 "	16.6	2.1
Niacin	33.63 "	4.21 "	46.7	5.8

SHRIMP TORTILLA

(8 servings)

Shrimp meat	2½ c.	500 gms.	E.P., Cut to ½" long
Shrimp juice	½ c.		
Tomatoes	½ c.	100 "	chopped
Onions	½ c.	50 "	chopped
Garlic	½ T.	5 "	pounded
Lard	3 T.	33 "	
Eggs	5 small or 3 large	210 "	

Salt and pepper to taste.

Sauté the garlic in 1 T. of lard until light brown. Add the onions and the tomatoes. Cook for 3 minutes. Add the shrimp meat and shrimp juice. Season with salt and pepper. Cover and cook for 10 minutes. When done remove from the fire.

Beat the eggs until light. Season with salt and pepper. Follow directions for making *tortillas* on page 50 using the sautéed shrimps as filling.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,280 cals.	160 cals.	12.8	1.6
Protein	134.45 gms.	16.80 gms.	56	7
Fat	76.27 "	9.53 "	—	—
Carbohydrate ..	13.82 "	1.72 "	—	—
Calcium	.5095 "	.0636 "	18.2	2.2
Iron	.0190 "	.0022 "	38	4.7
Vitamin A	2,942 I.U.	367 I.U.	18.3	2.3
Vitamin B_1	0.71 mgs.	0.08 mgs.	11	1.3
Vitamin C	15 "	2 "	6.2	0.7
Riboflavin	.90 "	.11 "	8.3	1.0
Niacin	10.35 "	1.29 "	14.3	1.8

SINIGANG BAÑGUS

(10 servings)

Bañgus	1 med. size	700 " 1,000 gms.	E.P. A.P.	clean the fish and divide into 10 pieces
Kangkong leaves & stems	15 stems	100 "		2" long
Green tamarind	¾ c.	50 "		
Tomatoes	1 med. size	100 "		
Pepper leaves	2 stems	20 "		
Sitao	1 c.	100 "		cut 2" long
Rice water	4⅔ c.			

Salt to taste.

Boil the tamarind in ⅔ cup of rice water for 5 minutes. Press with a spoon and strain to remove the seeds and skins. Place in a saucepan and add the rest of the rice water. Add the tomatoes, pepper leaves, *sitao* and *kangkong*. Cover and cook for 10 minutes or until the vegetables are almost done. Add the fish. Cook for 5 minutes. Season with salt and serve hot with *patis* and *kalamansi*.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,197 cals.	120 cals.	1.20	.12
Protein	174.65 gms.	17.46 gms.	72.7	7.3
Fat	26.67 ”	2.66 ”	—	—
Carbohydrate	64.53 ”	6.45 ”	—	—
Calcium	.2227 ”	.0223 ”	7.9	0.8
Iron	.0144 ”	.0014 ”	28.8	2.9
Vitamin A	11,159 I.U.	1,116 I.U.	69.7	7
Vitamin B_1	1.48 mgs.	0.15 mgs.	23.1	2.3
Vitamin C	46 ”	4.6 ”	19.1	1.9
Riboflavin	.55 ”	.05 ”	4.9	0.5
Niacin	2.87 ”	0.29 ”	3.9	0.4

STEAMED FISH
(6 servings)

Bacoco or *apahap*	1 med. size	400 ” E.P. 700 gms. A.P.	
Ginger	⅛ T.		chopped
Toyo	2 T.	30 ”	
Pork	½ c.	100 ”	ground
Tausi (salted beans)	¼ c.	30 ”	
Onions (green)	2 T.	30 ”	chopped
Kalamansi juice	1 T.	15 ”	

Clean the fish and place in a pyrex dish or baking pan. Place on top of the fish, the chopped pork, ginger, *toyo*, and *tausi*. Steam for 20 minutes and place on a platter. Sprinkle top with sliced green onions and serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	905 cals.	151 cals.	9.1	1.5
Protein	96.9 gms.	16.15 gms.	40.4	6.7
Fat	54.61 ”	9.10 ”	—	—
Carbohydrate	7.27 ”	1.21 ”	—	—
Calcium	.0390 ”	.0065 ”	1.4	0.2
Iron	.0053 ”	.0009 ”	10.6	1.8
Vitamin A	15 I.U.	3 I.U.	0.1	0.02
Vitamin B_1	0.47 mgs.	0.08 mgs.	7.3	1.2
Vitamin C	11 ”	2 ”	4.6	0.8
Riboflavin	0.16 ”	0.03 ”	1.5	0.3
Niacin	3.26 ”	0.54 ”	4.5	0.8

TALIBUBO (7 servings)

Dalag	1 large	800 gms. A.P. 600 " E.P.	
Lard	½ c.	100 "	
Garlic	1 sm. head	35 "	sliced
Alagao leaves	1 c.	20 "	sliced
Kalabasa top	1 c.	30 "	sliced
Vinegar	½ c.		
Water	½ c.		

Salt and pepper to taste.

Scale and clean the *dalag*. See pages 46, 47. Place the fish in a skillet. If the fish is long it can be divided into 3 parts. Place on top of the fish, the sliced vegetables, garlic, vinegar and water. Season with salt and pepper. Cover and cook until most of the liquid has evaporated. Add the lard. Cook for 5 minutes and serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,545 cals.	221 cals.	15.45	2.2
Protein	134.84 gms.	19.26 gms.	56.3	8.3
Fat	107.20 "	15.31 "	—	—
Carbohydrate	42.28 "	6.04 "	—	—
Calcium	.1342 "	.0191 "	4.8	0.7
Iron	.0101 "	.0014 "	2.80	0.4
Vitamin A	950 I.U.	121 I.U.	.9	.1
Vitamin B_1	.53 mgs.	.07 mgs.	8.5	1.1
Vitamin C	13 "	2 "	5.4	0.8
Riboflavin	.260 "	.037 "	2.40	.3
Niacin	31.80 "	4.54 "	44.2	6.4

TINAGAN (5 servings)

Kanduli	1 large	500 gms.	A.P. Clean and cut into 5 pieces
Kalabasa leaves and tops	3 c.	96 "	
Lard	2 T.	22 "	
Coconut milk			
thick	1 c.		
thin	2¾ c.		
Yellow ginger juice	2 T.		See p. 55
Garlic	½ T.	5 "	Pounded
Tomatoes	1 c.	200 "	Chopped
Onions	½ c.	48 "	Sliced
Vinegar	½ c.		

Patis and pepper to flavor.

Sauté the garlic in lard until light brown. Add the onions and the tomatoes. Cover and cook for 5 minutes. Add the *kalabasa* leaves, yellow ginger juice and cover for another 5 minutes. Add the thin and thick coconut milk. Season with *patis* and pepper. Add the fish and the vinegar. Stir to prevent the curdling of the coconut milk. Cover and cook for about 15 minutes. Serve hot.

NOTE: In some regions in the Philippines the fish is fried first. *Hito* is also used.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,187 cals.	238 cals.	11.87	2.38
Protein	55.83 gms.	11.16 gms.	23.2	4.6
Fat	100.04 "	20.00 "	—	—
Carbohydrate	16.19 "	3.23 "	—	—
Calcium	.140 "	.028 "	5	1
Iron	.00679 "	.00135 "	14	2.8
Vitamin A	4,925 I.U.	985 I.U.	30.7	6.1
Vitamin B_1	.50 mgs.	.10 mgs.	7.8	1.5
Vitamin C	50 "	10 "	20.8	4.1
Riboflavin	.30 "	.06 "	2.7	.5
Niacin	14.80 "	2.96 "	20.5	4.1

TOCHO

(10 servings)

Bañgus	1 large	1,000 gms. A.P.	
Lard	4 T.	11 "	
Garlic	1 T.	10 "	pounded
Onions	1 large	100 "	sliced
Tomatoes	1 c.	200 "	chopped
Tahuri	5 squares	100 "	(mashed in ½ c. of water)
Ginger	a piece	7 "	finely sliced
Water	1½ c.		

Clean the *bañgus* and divide into 10 slices. Season with salt and pepper, roll in flour, and fry. When done set aside.

In a skillet, sauté the garlic in 1 T. of lard until light brown. Add the ginger, onions, and tomatoes. Cover and cook for 5 minutes. Add the *tahuri* which was mashed in ½ c. of water. Cook for 5 more minutes and add the fried fish. Serve hot or cold.

Any fish may be used instead of *bañgus*.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,367 cals.	137 cals.	13.7	1.4
Protein	156.67 gms.	15.66 gms.	64.8	6.5
Fat	72.47 "	7.24 "	—	—
Carbohydrate	22.13 "	2.21 "	—	—
Calcium	.071 "	.0071 "	2.2	0.2
Iron	.0087 "	.0008 "	17.4	1.7
Vitamin A	567 I.U.	56.7 I.U.	3.6	0.4
Vitamin B_1	.042 mgs.	—	0.7	.01
Vitamin C	25 "	2.5 "	10.3	1.0
Riboflavin	0.10 "	.01 "	.9	.09
Niacin	1.30 "	.13 "	0.2	.02

TORTA DE CANGREGO CON AGRIO DULCE

(4 servings)

Crabmeat	1½ c.	200 gms.	(canned crab)
Lard	3 T.	33 "	
Onions	½ c.	50 "	Sliced
Eggs	3	120 "	

Salt and pepper to taste.
1 cup sweet sour sauce

Sauté the onions in 1 T. of lard. Add the crab-meat. Season with salt and pepper. Cook for 5 minutes.

Beat the eggs until very light. Use the crab filling for the *torta* using 2 T. of lard in the preparation. Prepare 4 *tortas*. Place on individual platters and pour ⅛ cup of sweet sour sauce on each *torta*. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	931 cals.	232 cals.	9.3	2.3
Protein	51.00 gms.	12.75 gms.	21.2	5.3
Fat	52.72 "	13.18 "	—	—
Carbohydrate	63.37 "	15.84 "	—	—
Calcium	.120 "	.030 "	1.1	0.2
Iron	.0051	.0012 "	2.4	.6
Vitamin A	1,393 I.U.	348 I.U.	8.7	2.2
Vitamin B_1	.44 mgs.	.11 mgs.	6.8	1.7
Vitamin C	4 "	1 "	—	—
Riboflavin	.538 "	.134 "	1.2	.3
Niacin	5.49 "	1.37 "	7.6	1.9

TUNA FISH TORTILLA

(5 servings)

Tuna fish	1 c.	434 gms.	(canned tuna fish)
Lard	3 T.	33 "	
Garlic	1 T.	10 "	pounded
Onions	½ c.	50 "	sliced
Tomatoes	½ c.	100 "	chopped
Eggs	4 sm. size	160 "	

Salt and pepper to taste.

Sauté the garlic in 1 T. of lard until light brown. Add the onions and the tomatoes. Season with salt and pepper. Cook the tomatoes for 5 minutes. Add the tuna fish. More salt may be added if necessary. Remove from the fire.

Beat the eggs until stiff. Season with salt and pepper and prepare 5 small *tortillas* using the tuna fish preparation as filling. See illustrations for making *tortillas* on page 49.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,186 cals.	237 cals.	11.9	2.4
Protein	78.40 gms.	15.68 gms.	32.6	6.5
Fat	75.53 "	15.10 "	—	—
Carbohydrate ..	48.32 "	9.66 "	—	—
Calcium	.1474	.0294 "	5.2	1.0
Iron	.0083 "	.0015 "	17.3	3.5
Vitamin A	3,064 I.U.	613 I.U.	19	4
Vitamin B_1	.33 mgs.	.06 mgs.	5	1
Vitamin C	—	—	—	—
Riboflavin	1,364 mgs.	.273 mgs.	12.4	2.5
Niacin	22.16 "	4.43 "	30.7	6.1

ALMONDIGAS WITH MISUA AND EGGS

(6 servings)

Pork	1 c.	200 gms.	ground
Flour	3 T.	21 "	
Lard	1 T.	11 "	
Garlic	½ T.	5 "	pounded
Onions	½ c.	50 "	sliced
Eggs	3	120 "	raw
Misua	½ c.	30 "	
Shrimp meat	⅓ c.	68 "	
Water	4 c.		

Patis and pepper to taste.

Mix the pork and flour in a bowl. Season with salt and pepper and form into small balls (about 10 balls). Set aside. Sauté the garlic in 1 T. of lard until light brown. Add the onions and the shrimps. Season with *patis* and pepper. Add the water. When it boils add the meat balls. Don't stir. Cover and simmer for 15 minutes. Add the *misua.* Break the eggs one by one into the simmering mixture and stir. More *patis* may be added if necessary. Cover and cook for 5 to 8 minutes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weight		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,301 cals.	216 cals.	13	2
Protein	72.23 gms.	12.06 gms.	30.1	5.0
Fat	93.04 "	15.50 "	—	—
Carbohydrate ..	43.80 "	7.30 "	—	—
Calcium	.1564 "	.0260 "	5.5	0.9
Iron	.0123 "	.0061 "	25.0	4.0
Vitamin A	2,000 I.U.	333 I.U.	12.74	2.1
Vitamin B_1	0.42 mgs.	.07 mgs.	6.5	1.1
Vitamin C	—	—	—	—
Riboflavin	1.75 "	.29 "	16.2	2.7
Niacin	33.77 "	5.62 "	46.9	7.8

ALMONDIGAS WITH TOMATO SAUCE

(6 servings)

Pork	2½ c.	500 gms.	ground
Flour	⅓ c.	42 "	
Eggs	2	80 "	beaten
Lard	5 T.	55 "	
Garlic	1 T.	10 "	pounded
Onions	⅓ c.	50 "	chopped
Tomatoes	1 c.	200 "	chopped

Salt and pepper to taste.

Mix the pork, flour and eggs in a bowl. Season with salt and pepper. Form into small balls. This amount will yield around 20 to 25 balls. Fry in 4 tablespoons of lard. Set aside.

In another pan sauté the garlic in 1 T. of lard. Add the onions and the tomatoes. Season with salt and pepper and cover. Cook for 5 to 8 minutes. Add the fried meat balls. cover and cook for another 5 minutes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weight		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	3,103 cals.	516 cals.	31.0	5.2
Protein	77.37 gms.	12.89 gms.	32.2	5.4
Fat	290.21 "	48.36 "	—	—
Carbohydrate ..	45.29 "	7.54 "	—	—
Calcium	.100 "	.016 "	3.5	.6
Iron	.0124 "	.0020 "	25.7	4.3
Vitamin A	3,124 I.U.	520 I.U.	19.5	3.2
Vitamin B_1	2.10 mgs.	.35 mgs.	32.4	5.4
Vitamin C	—	—	—	—
Riboflavin	1.10 "	.18 "	18.5	3.1
Niacin	17.28 "	2.86 "	24	4.

BACHOY
(10 servings)

Garlic	½ T.	5 gms.	
Onions	½ c.	50 "	sliced
Ginger	½ T.	5 "	
Lard	2 T.	22 "	
Coagulated blood	1 c.	235 "	cut into cubes
Pork	2½ cups	500 "	cut into cubes
Kidney	1¼ c.	225 "	thinly sliced
Liver	¼ c.	50 "	cut into cubes
Sili leaves	1 c.	10 "	
Patis	2 T.		
Broth	4 c.		

Boil the pork until done and cut into cubes. Reserve the broth. Slice the kidney lengthwise and blanch. Cut into cubes and set aside.

Sauté the garlic until light brown. Add the onions and the ginger. Stir for 3 minutes and add the pork meat, kidney and liver. Season with *patis* and cover for 3 minutes. Add the broth and the *sili* leaves. Cook for 10 minutes. Add the coagulated blood. Do not stir. Cover and cook for 10 minutes more. Some more *patis* may be added if desired. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weight		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,637 cals.	264 cals.	26.4	2.6
Protein	108.57 gms.	10.85 gms.	45.2	4.5
Fat	241.28 "	24.13 "	—	—
Carbohydrate ..	7.65 "	.76 "	—	—
Calcium	.0750 "	.0075 "	2.7	.3
Iron	.02970 "	.00297 "	61.9	6.2
Vitamin A	11,288 I.U.	1,129 I.U.	70.6	7.1
Vitamin B_1	4.78 mgs.	.48 mgs.	74.6	7.5
Vitamin C	—	—	—	—
Riboflavin	5.98 "	.60 "	54.4	5.4
Niacin	24.05 "	2.41 "	33.4	3.3

BEEF KOSIDO
(8 servings)

Beef	8 pieces	500 gms.	round
Pork	8 "	250 "	
Sausage	1 piece	80 "	*chorizo Bilbao*
Yellow camote	3 pieces	300 "	peel and cut, into halves
Cabbage	½ head	300 "	divide into 6 parts
Eggplant	3 pieces	220 "	cut into halves
Saba	6 sm. size	220 "	
Beans	½ c.	94 "	Boil until soft. Gives 3 times its volume when done.
Tomatoes	1 c.	200 "	chopped
Onions	1 c.	100 "	sliced
Garlic	1 T.	10 "	pounded
Lard	2 T.	22 "	

Salt and pepper to taste

Enough water to soften the meat

Place the beef, pork and *chorizo bilbao* in a pan. Add enough water to cover. Boil until done. If a pressure cooker is used, only ½ c. of water should be added. It takes 30 minutes to soften the round of beef in a pressure cooker. In an open kettle it takes 1½ hours to soften the meat depending on the age of the animal. When the meat is almost done, add the vegetables and bananas. Cook until done. Set aside.

Sauté the garlic in lard until light brown. Add the onions, the tomatoes, boiled beans and the meat. Add 2 cups of broth and all the boiled vegetables. Season with salt and pepper and cook until done.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weight		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	3,982 cals.	498 cals.	39.8	5.0
Protein	162.55 gms.	20.32 gms.	67.7	8.5
Fat	257.62 "	32.20 "	—	—
Carbohydrate	250.78 "	31.35 "	—	—
Calcium	.6242 "	.0780 "	22.3	2.8
Iron	.0489 "	.0061 "	97.8	12.2
Vitamin A	14,150 I.U.	1,769 I.U.	88.4	11.1
Vitamin B_1	3.26 mgs.	0.41 mgs.	51.0	6.4
Vitamin C	161 "	20 "	67.1	8.4
Riboflavin	2.09 "	0.26 "	19.4	2.4
Niacin	41.21 "	5.15 "	57.2	7.2

BEEF MOLE (Pipian)
(7 servings)

Beef (round)	7 pieces	500 gms.	Boiled until soft
Rice flour	¼ c.	30 "	Toasted
Peanut	¼ c.	56 "	Toasted & ground
Tomato sauce	½ c.	100 "	
Onions	½ c.	50 "	sliced
Garlic	½ T.	5 "	pounded
Lard	2 T.	22 "	
Pechay	2 heads	60 "	Cut 2" long
Bagoong alamang	2 T.	30 "	
Broth	4 c.		

Pepper to taste.

The meat must be well done. It takes 30 minutes at 15 lbs. pressure to soften it. Cut into 7 pieces. Sauté the garlic, onions and tomatoes in the usual manner of cooking *guisado.* Add the *alamang,* beef, pechay and broth. Season with pepper. Cover and cook for 5 minutes. Add the toasted ground rice and peanut. Cook for another 5 minutes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN: Calories and Weight		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,991 cals.	285 cals.	19.9	2.8
Protein	116.22 gms.	16.74 gms.	48.4	6.9
Fat	154.22 "	22.03 "	—	—
Carbohydrate	34.65 "	4.95 "	—	—
Calcium	.8702 "	.1243 "	31	4.4
Iron	.0244 "	.0035 "	49.6	7
Vitamin A	789 I.U.	113 I.U.	4.9	.7
Vitamin B_1	1.47 mgs.	.21 mgs.	23.9	3.2
Vitamin C	20 "	2.8 "	8.3	1.2
Riboflavin	.94 "	.13 "	8.7	1.2
Niacin	33.24 "	4.75 "	46.1	6.5

BEEF SINIGANG

(10 servings)

Beef		750 gms.	Divide into 2 parts
Pork		200 "	1 piece
Tomatoes	2 med. size	200 "	
Radish	3 " "	200 "	cut into cubes
Kangkong	2 c.	140 "	1" long
Tamarind (green fruit)	4 med. size	30 "	
Rice water	8 c.		

Patis and pepper to taste.

Place the rice water, tamarind, and tomatoes in a saucepan. Boil and add the beef and pork. Season with *patis* and pepper and cook until the meat is almost done. If a pressure cooker is used put only 2 c. of rice water and cook for 30 minutes at 15 lbs. pressure. If the meat is tough and it is cooked in an open kettle it takes one hour or more in which case more water may be necessary to soften the meat. Add the radishes and the *kangkong*. It takes about 15 minutes to cook the vegetables. Season with *patis* and pepper. Serve hot with *patis*.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,300 cals.	230 cals.	23.0	2.3
Protein	189.52 gms.	18.95 gms.	78.5	7.8
Fat	159.14 ”	15.91 ”	—	—
Carbohydrate	27.94 ”	2.79 ”	—	—
Calcium	.259 ”	.026 ”	9.2	1.0
Iron	.0293 ”	.0029 ”	60.9	6.1
Vitamin A	17,100 I.U.	1,710 I.U.	106.8	10.7
Vitamin B_1	1.82 mgs.	.18 mgs.	26.6	2.7
Vitamin C	50 ”	5 ”	20.8	2.1
Riboflavin	1.53 ”	.15 ”	14.2	1.4
Niacin	44.55 ”	4.46 ”	50.3	5.0

BOFIS OR PINANQUE

(8 servings)

Lungs of Pork	½ lung	500 gms.	Boiled and ground
Coconut milk	1½ c.	318 ”	thick
Alagao leaves	1 large	10 ”	
Garlic	1 T.	10 ”	pounded
Onions	1 c.	100 ”	sliced
Lard	2 T.		
Vinegar	1 c.		

Salt and pepper to taste.

Combine all the above ingredients in a skillet. Cover and cook until the mixture is a little oily. Stir once in a while to prevent scorching.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,756 cals.	219 cals.	17.6	2.2
Protein	94.96 gms.	11.87 gms.	39.5	4.9
Fat	148.82 ”	18.60 ”	—	—
Carbohydrates	9.10 ”	1.13 ”	—	—
Calcium	.0381 ”	.0047 ”	1.3	0.1
Iron	.0071 ”	.0008 ”	14.2	1.7
Vitamin A	1,915 I.U.	238 I.U.	12	1.5
Vitamin B_1	0.11 mgs.	0.01 mgs.	1.7	0.2
Vitamin C	57 ”	7 ”	23.6	2.9
Riboflavin	.12 ”	.01 ”	1.1	0.1
Niacin	1.47 ”	0.18 ”	2.0	0.2

BRAIN TORTILLA

(6 servings)

Pork brain	2 c.	400 gms.	Boil for 5 minutes
Eggs	3 large size	210 "	
Cheese, kraft	½ c.	104 "	grated
Lard	3 T.	33 "	

Salt and pepper to taste.

Cut the boiled brain to cubes. Mix with grated cheese. Beat the eggs until light. Season with salt and pepper. Follow directions for making *tortillas*. This yields 6 *tortillas*.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,569 cals.	262 cals.	15.7	2.6
Protein	98.46 gms.	16.41 gms.	41.0	6.8
Fat	127.89 "	21.32 "	—	—
Carbohydrates ..	6.19 "	1.03 "	—	—
Calcium	1.1727 "	.1955 "	41.5	6.9
Iron	.0215 "	.0036 "	43.0	7.2
Vitamin A	3,905 I.U.	651 I.U.	24.4	4.1
Vitamin B_1	1.26 mgs.	0.21 mgs.	19.7	3.3
Vitamin C	36 "	6 "	15.0	2.5
Riboflavin	2.12 "	0.35 "	19.6	3.3
Niacin	17.98 "	3.00 "	25.0	4.2

BREADED STEAK

(5 servings)

Tenderloin steak (3″ x 4″ x ¼″ thick)	5 pieces	350 gms.
Bread crumbs	⅓ c.	30 "
Lard	3 T.	33 "

Salt and pepper to taste.

Season the meat with salt and pepper. With the dull end of the cliver, flatten the beef until thin. Roll in bread crumbs and pan fry using 3 tablespoons of lard. It takes about 5 minutes on each side to cook. Use moderate flame. When done serve hot with potato chips and tomato catsup.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,076 cals.	215 cals.	10.8	2
Protein	70.02 gms.	14.00 gms.	29.1	5.8
Fat	79.15 "	15.83 "	—	—
Carbohydrates ..	20.94 "	4.18 "	—	—
Calcium	.0570 "	.0114 "	2.0	.4
Iron	.0071 "	.0014 "	14	3
Vitamin A	0 I.U.	0 I.U.	0	0
Vitamin B_1	.53 mgs.	.10 mgs.	8.2	1.6
Vitamin C	0	0	0	0
Riboflavin	0.11 "	.02 "	1.0	.2
Niacin	14.3 "	2.8 "	19.7	4

CHICKEN ADOBO (10 servings)

Chicken	1 med. size	450 gms. w/bones 790 "	E.P., cut into desired pieces
Pork	10 pieces	500 "	
Garlic	3 T.	30 "	
Vinegar	2 c.		

Salt and pepper to taste

Soak the chicken and pork in 1 cup of vinegar, garlic, salt and pepper. Place in a saucepan and cook until the garlic is light brown. Stir and add the other cup of vinegar. If the pork and chicken are tender no water should be added. The last cup of vinegar is enough to soften the *adobo*. If the meat is tough, water may be added with the last cup of vinegar Cover and cook until the lard spatters. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,804 cals.	280 cals.	28.0	2.8
Protein	160.55 gms.	16.06 gms.	66.8	6.7
Fat	236.87 "	23.68 "	—	—
Carbohydrates ..	6.69 "	.67 "	—	—
Calcium	.1070 "	.0107 "	3.8	0.4
Iron	.0170 "	.0018 "	34.0	3.4
Vitamin A	— I.U.	— I.U.	—	—
Vitamin B_1	2.49 mgs.	.25 mgs.	35.7	3.6
Vitamin C	—	—	—	—
Riboflavin	1.56 "	.16 "	14.4	1.4
Niacin	54.70 "	5.5 "	75.9	7.6

CHICKEN ADOBO WITH COCONUT MILK

(7 servings)

Chicken	1 med. size	450 gms. 790 w/bones	E.P., cut to desired pieces
Coconut milk			
thick	1½ c.	318 "	
thin	2 c.		
Vinegar	2 c.		local vinegar
Garlic	1 head	30 "	pounded

Salt and pepper to taste.

Soak the chicken in the vinegar, garlic, salt and pepper. Place in a pan and bring to a boil. Cook for 5 minutes. Add the thin coconut milk and cook until the chicken is done. (Young chickens may require only 30 minutes). If the chicken is tough, more liquid may be added and a longer period of cooking is required. When the chicken is almost done add the thick coconut milk. Continue cooking for 15 minutes or until the coconut milk is a little oily. Serve hot.

If one has a pressure cooker less liquid is used. Use only ½ c. of vinegar instead of 2 cups. Immediately add the thick coconut milk. Cook a young chicken for 15 minutes at 15 lbs. pressure and cook in an open kettle for 10 minutes to evaporate some of the liquid. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,594 cals.	227 cals.	15.9	2.3
Protein	111.52 gms.	14.52 gms.	46.4	6.6
Fat	122.37 "	17.46 "	—	—
Carbohydrates	11.52 "	1.50 "	—	—
Calcium	.0720 "	.0102 "	2.6	0.3
Iron	.0085 "	.0012 "	17.0	2.4
Vitamin A	—	—	—	—
Vitamin B_1	.49 mgs.	.07 mgs.	7.7	1.1
Vitamin C	—	—	—	—
Riboflavin	.810 "	.114 "	7.5	1.1
Niacin	38.70 "	5.52 "	53.8	7.5

CHICKEN ASADO

(10 servings)

Chicken	1 med. size	450 gms.	(dressed weight) cut to desired pieces
Tomatoes	1 c.	200 "	
Potato	1 large	100 "	peeled and cut to quarters and fried
Pork	1½ c.	300 "	2″ cubes
Vinegar	½ c.		
Onions	1 med. size	100 "	cut into quarters
Water			enough to soften the meat

Salt and pepper to taste.

Place the chicken, pork, tomatoes, onions and vinegar in a saucepan. Season with salt and pepper. Add enough water to cover the meat. Cover and cook until meat is tender. It takes about 40 minutes cooking over a moderate flame if the chicken is young. If a pressure cooker is used, water is not needed. The vinegar and the tomatoes are sufficient to cook the chicken. Cook it for 15 minutes at 15 lbs. pressure. When the meat is done add the fried potatoes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,392 cals.	239 cals.	23.9	2.4
Protein	130.38 gms.	13.04 gms.	54.3	5.4
Fat	135.00 "	13.50 "	—	—
Carbohydrates	34.40 "	3.44 "	—	—
Calcium	.1402 "	.0140 "	5	.5
Iron	.0233 "	.0023 "	46.6	4.7
Vitamin A	1,104 I.U.	110 I.U.	6.9	.7
Vitamin B_1	2.25 mgs.	.23 mgs.	35.1	3.5
Vitamin C	35 "	3.5 "	14.5	1.5
Riboflavin	1.38 "	.14 "	12.7	1.3
Niacin	49.64 "	4.96 "	68.9	6.9

CHICKEN FRITADA

(8 servings)

Chicken	1 med. size	455 gms.	cut into quarters or to desired pieces
Pork	5 pieces	250 "	
Tomatoes	1 c.	200 "	cut into quarters
Onions	½ c.	48 "	
Yellow *camote*	1 med. size	100 "	cut into quarters
Garlic	1 T.	10 "	
Red and green peppers	2 large	100 "	cut into halves
Lard	2 T.	22 "	
Potatoes	1 small	100 "	cut into quarters
Salt and pepper to taste.			
Liver	2 pieces	100 "	

Sauté the garlic in lard. Add the onions and cook for 3 minutes. Add the chicken, pork, and tomatoes. Season with salt and pepper. Stir and cook until almost done. If it is cooked in an open kettle, 2 cups of water may be added to soften the meat. If a pressure cooker is used no water should be added. The juice of the tomatoes is sufficient to cook the meat. Pressure cook it for 10 minutes if it is a spring chicken (*dumalaga*), and 15 minutes if it is a hen. Add the potatoes, sweet potatoes, peppers and liver. Cook until done. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,355 cals.	235 cals.	23.6	2.4
Protein	157.05 gms.	15.70 "	65.4	6.5
Fat	152.13 "	15.21 "	—	—
Carbohydrates ..	89.40 "	8.94 "	—	—
Calcium	.1710 "	.0171 "	6.1	0.6
Iron	.02815 "	.0028 "	58.7	5.9
Vitamin A	29,750 I.U.	2,975 I.U.	179.7	17.9
Vitamin B_1	2.25 mgs.	0.23 mgs.	35.1	3.5
Vitamin C	118 "	11.8 "	49.1	6.2
Riboflavin	4.21 "	0.42 "	38.9	4.9
Niacin	66.3 "	6.6 "	92.1	11.5

CHICKEN CURRY

(7 servings)

Chicken	1 med. size	450 gms.	cut to desired pieces (dressed weight)
Coconut milk (thick).	2 c.	400 "	
Vinegar	½ c.		
Onions	1 c.	100 "	sliced
Garlic	1 T.	10 "	pounded
Coconut milk (thin)..	enough to soften chicken		
Pepper (green & red)	1 pc.	25 "	
Tomatoes	1 c.	200 "	chopped
Curry powder	4 T.		

Salt and pepper to taste.

In a pan sauté the garlic until light brown. Add the onions and the tomatoes. Cook for 5 minutes until tomatoes are done. Add the chicken. Season with salt and pepper. Add the vinegar and the thin coconut milk. Cover and cook until the chicken is tender. Season with salt. Add the thick coconut milk, curry powder and sweet pepper. Cook until done. The sauce must be thick. If the pressure cooker is used the thin coconut milk is no longer needed. If too much of the thin coconut milk is added the sauce will not be thick. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,315 cals.	331 cals.	23.2	3.3
Protein	110.72 gms.	15.81 "	46.1	6.6
Fat	196.71 "	28.10 "	—	—
Carbohydrates ..	25.46 "	3.63 "	—	—
Calcium	.2827 "	.0403 "	10.1	1.4
Iron	.0187 "	.0026	37.4	5.3
Vitamin A	1,084 I.U.	155 I.U.	6.7	.9
Vitamin B_1	.69 mgs.	.09 mgs.	10.7	1.5
Vitamin C	36 "	5 "	15	2
Riboflavin	.89 "	.12 "	8.2	1.1
Niacin	40.38 "	5.76 "	56.1	8

CHICKEN TINOLA

(6 servings)

Chicken	1 med. size	450 gms.	dressed weight, cut to desired pieces
Chayote or green papaya	1 med. size	250 "	peel and cut to 6 parts
Garlic	½ T.	5 "	pounded
Ginger	a piece	5 "	crushed
Lard	1 T.	11 "	
Rice water	7 c.		
Patis	3 T.		

Sauté the garlic in lard until light brown. Add the patis and ginger. Add the chicken and cover for 2 minutes. Add the rice water and cook until the chicken is done. Add the vegetable and cook for 10 minutes. Serve hot with *patis* and *kalamansi*.

If a pressure cooker is used, it takes only 10 minutes to cook the chicken at 15 lbs. pressure. If the chicken is old, it takes 15 minutes at 15 lbs. pressure. Use only 3 c. of rice water.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,097 cals.	183 cals.	10.9	1.8
Protein	94.74 gms.	15.74 gms.	39.4	6.5
Fat	69.42 "	11.57 "	—	—
Carbohydrates ..	23.59 "	3.93 "	—	—
Calcium	.1184 "	.0197 "	4.2	.7
Iron	.0103 "	.0014 "	20.6	3.4
Vitamin A	88 I.U.	14 I.U.	.6	.1
Vitamin B_1	.59 mgs.	.09 mgs.	9.2	1.5
Vitamin C	6 "	1 "	2.5	.4
Riboflavin	.88 "	.14 "	8.1	1.3
Niacin	39.97 "	6.66 "	55.5	9.2

DINUGUAN
(7 servings)

Pork	1½ c.	300 gms.	Boiled and cut into ½" cubes
Radish	1 c.	100 "	Finely sliced
Pig's blood	½ c.	117 "	Combine and with banana leaves mash it to break the clots
Cow's blood	½ c.	117 "	
Garlic	1 T.	10 "	pounded
Onions	½ c.	48 "	sliced fine
Tomatoes	½ c.	100 "	chopped
Lard	4 T.	44 "	
Vinegar	1 c.		
Broth	2 c.		

Salt and pepper to taste.

Boil the pork until soft and tender. Reserve 2 c. of the broth. Combine the broth, the pig's blood, and cow's blood.

Sauté the garlic until light brown. Then add the onions and the tomatoes. Cook for about 10 minutes. Add the boiled pork, radish and vinegar. Cover and after 8 minutes add the mixture of blood and broth. Season with salt and pepper and stir continuously to prevent the curdling of the blood. Cook it for 10 more minutes. Serve hot or cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,509 cals.	216 cals.	15.1	2.2
Protein	61.28 gms.	8.75 gms.	25.5	3.6
Fat	136.06 "	19.46 "	—	—
Carbohydrates ..	10.11 "	1.46 "	—	—
Calcium	.0850 "	.0120 "	3.0	0.4
Iron	.0073 "	.0010 "	15.1	2.1
Vitamin A	1,155 I.U.	165 I.U.	6.5	1.0
Vitamin B_1	1.31 mgs.	.19 mgs.	20.4	2.9
Vitamin C	39 "	5 "	16.2	2.0
Riboflavin	0.54 "	.07 "	5.0	0.1
Niacin	10.30 "	1.47 "	14.3	2.0

FRIED PORK WITH SWEET SOUR SAUCE

(8 servings)

Pork	8 pieces	700	gms.	
Pineapple	7 slices	75	"	cut to pieces
Green pepper	1 med. size	70	"	sliced
Red pepper	1 med. size	70	"	sliced
Vinegar	½ c.			
Garlic	2 cloves	20	"	sliced crosswise
Sugar	½ c.	105	"	
Toyo	2 T.	24	"	
Cornstarch	3 T.	30	"	
Water	1½ c.			
Breadcrumb	½ c.	100	"	
Lard for frying.				(40-50 gms. absorbed)

Season the pork with salt and pepper. Pat the meat with the dull edge of a knife. Roll in breadcrumb and fry in deep hot fat. When done, arrange in a platter.

Place 1 cup of water in a saucepan; add the green and red pepper, pineapple, garlic, sugar and *toyo*. Boil for 5 minutes. Add the cornstarch mixed with ½ cup each of water and vinegar. Cook for 3 minutes stirring it continuously to prevent scorching. Pour the mixture on the fried pork. Serve hot. If the pork is tough, it may be boiled first before frying. Use the broth instead of the water.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	4,839 cals.	604 cals.	48.4	6.0
Protein	109.49 gms.	13.62 gms.	45.6	5.7
Fat	373.49 "	46.68 "	—	—
Carbohydrate	260.14 "	32.51 "	—	—
Calcium	.0927 mgs.	.0115 mgs.	3.3	0.4
Iron	.0192 "	.0024 "	33.4	4.5
Vitamin A	1,915 I.U.	239 I.U.	12	1.5
Vitamin B_1	3.00 mgs.	0.38 mgs.	45.3	5.6
Vitamin C	109 "	13 "	4.5	.5
Riboflavin	1.17 "	.14 "	10.8	1.3
Niacin	24.64 "	305 "	24.2	4.5

GALLANTINA (15 servings)

Chicken	1 med. size	550 gms.	E.P.; dressed weight is 750. After bone is removed it weighs 550.
Pork meat	1¼ c.	250 "	ground
Ham	1¼ c.	250 "	ground
Vienna sausage	1 c.	200 "	ground
Flour	¼ c.	28 "	
Eggs	4	160 "	2 boiled, cut into quarters; 2 raw
Carrots	1 large	100 "	sliced lengthwise ¼" thick ¼" long
Truffles or clotted chicken blood			blood of chicken is dropped in boiling water and sliced
Parsley			
Toyo			
Kalamansi			
Salt and pepper to taste.			

Dress and bone the chicken. Soak in *toyo* and *kalamansi* juice. Mix the ground pork, sausage, ham, flour and raw eggs in a bowl. Season with salt and pepper.

Fill the boned chicken with the meat mixture and insert at desired points the hard boiled eggs, truffles, and carrots. Wrap in cheesecloth and tie it tightly. Steam for one and one half hour. If a pressure cooker is used steam at 15 lbs. pressure for 15 minutes. When done, allow it to cool. If the wrapping is loose, tighten it. Place in a refrigerator for 24 hours. Unwrap the chicken and slice it crosswise about ¼″ thick.

Place in a platter and garnish with parsley.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	3,634 cals.	242 cals.	36.3	2.4
Protein	267.32 gms.	17.82 gms.	111.4	7.4
Fat	280.30 "	18.68 "	—	—
Carbohydrate	10.42 "	0.69 "	—	—
Calcium	.2779 "	.0184 "	9.9	.7
Iron	.0261 "	.0017 "	54.4	3.6
Vitamin A	13,824 I.U.	921 I.U.	86.4	5.7
Vitamin B_1	5.59 mgs.	0.37 mgs.	87.3	5.8
Vitamin C				
Riboflavin	2.62 "	0.17 "	24.2	1.6
Niacin	63.56 "	4.23 "	86.9	5.9

GUISADO CORN BEEF

(6 servings)

Lard	2 T.	22 gms.	
Garlic	1 T.	10 "	
Onions	1 c.	100 "	sliced
Tomatoes	1 c.	200 "	chopped
Corned beef	2¼ c.	340 "	

Salt and pepper to taste.

Sauté the garlic until light brown. Add the onions and the tomatoes. Season with salt and pepper. Cover and cook for 5 minutes over a moderate flame. Add the corned beef. More salt may be added if needed. Stir and cook for about 5-8 minutes. Stir it once in a while to prevent scorching. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,082 cals.	182 cals.	10.8	1.8
Protein	87.29 gms.	14.55 gms.	36.1	6.0
Fat	73.79 "	12.29 "	—	—
Carbohydrate	19.57 "	3.26 "	—	—
Calcium	.0850 "	.0140 "	3.0	0.5
Iron	.0099 "	.0016 "	20.6	3.3
Vitamin A	2,250 I.U.	375 I.U.	14.6	2.3
Vitamin B_1	.32 mgs.	.05 mgs.	5.0	0.8
Vitamin C	9 "	2 "	3.7	0.6
Riboflavin	.44 "	.07 "	4.0	0.6
Niacin	7.08 "	1.51 "	9.81	2.09

HAM TORTILLA

(4 servings)

Eggs	4	160 gms.	
Ham	1¾ c.	250 "	sliced in thin strips
Tomatoes	½ c.	110 "	
Onions	⅓ c.	30 "	sliced
Garlic	½ T.	5 "	pounded
Lard	2 T.	22 "	

Sauté the garlic in ½ T. of lard until light brown and add the onions and the ham. (Cook for 5 minutes). Season with salt and pepper and set aside.

Beat the eggs until very light. Season with salt and pepper. Divide the ham mixture into 4 parts and prepare 4 individual *tortillas* using the 4 eggs and 1½ T. of lard. See directions for making *tortilla* on page 50. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,341 cals.	360 cals.	13.4	3.6
Protein	60.42 gms.	15.10 gms.	21.5	5.2
Fat	118.28 "	29.57 "	—	—
Carbohydrate	34.02 "	8.50 "	—	—
Calcium	.1295 "	.0326 "	4.6	1.2
Iron	.01082 "	.0027 "	22.5	5.6
Vitamin A	2,939 I.U.	735 I.U.	28.4	4.6
Vitamin B_1	2.65 mgs.	.66 mgs.	41.4	10.6
Vitamin C	—	—	—	—
Riboflavin	1,059 "	.264 "	9.8	2.4
Niacin	11.01 "	2.8 "	15.3	3.8

HAM TORTILLA
(6 servings)

Ham	1½ c.	300 gms.	sliced
Eggs	4	260 "	
Lard	2 T.	22 "	

Salt and pepper to taste.

Beat the eggs until light. Season with salt and pepper and follow directions for making *tortilla* using 2 T. lard. See figure II.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,565 cals.	261 cals.	15.7	2.6
Protein	77.38 gms.	12.89 gms.	32.3	5.3
Fat	138.72 "	23.12 "	—	—
Carbohydrate	1.74 "	0.29 "	—	—
Calcium	.173 "	.028 "	6	1
Iron	.0148 "	.0024 "	29.6	4.9
Vitamin A	2,600 I.U.	433 I.U.	16	2.6
Vitamin B_1	2.73 mgs.	.45 mgs.	42.6	7.1
Vitamin C	—	—	—	—
Riboflavin	1.45 "	0.24 "	13.4	2.2
Niacin	11.66 "	1.94 "	16.2	2.7

HAMBURGER

(20 servings)

Beef	5 c.	1,000 gms.	ground
Onions	3 c.	500 "	finely chopped
Eggs	6	240 "	
Flour	2 c.	224 "	
Toyo	½ c.	112 "	
Lard	½ c.	88 "	

Salt and pepper to taste.

Mix the above ingredients in a bowl. Form into balls 2 T. of the mixture and flatten it to about ½″ thick and pan fry. Serve hot. (4 pieces each serving).

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	5,523 cals.	278 cals.	55.2	2.8
Protein	230.64 gms.	11.52 gms.	96.1	4.8
Fat	409.66 "	20.48 "	—	—
Carbohydrate ..	228.33 "	11.40 "	—	—
Calcium	.405 "	.020 "	14.5	0.7
Iron	.03518 "	.00176 "	75.4	3.8
Vitamin A	2,986 I.U.	150 I.U.	18.7	0.9
Vitamin B_1	1.62 mgs.	.08 mgs.	25.3	1.2
Vitamin C	—	—	—	—
Riboflavin	2.311 "	.114 "	21.4	1.1
Niacin	44.74 "	2.24 "	62.1	3.1

LIVER WITH TOYO

(7 servings)

Beef liver	5 slices	500 gms.	
Lard	3 T.	33 "	
Onions	2 c.	200 "	sliced
Toyo sauce	½ c.	100 "	
Bacon	6 slices	30 "	
Kalamansi juice	1 T.	30 "	

Soak the liver in *toyo* sauce and *kalamansi* juice. Meanwhile sauté the onions in 3 T. of lard and set aside. Pan fry the bacon in a skillet until done. Remove the bacon and cook the liver in its fat. Allow 5 to 8 minutes cooking time for each side of the liver slices. When done add the rest of the *toyo*. Place on a platter. Garnish top with fried bacon and sautéed onions. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,206 cals.	172 cals.	12	1.7
Protein	109.91 gms.	15.70 gms.	45.7	6.5
Fat	64.79 "	9.25 "	—	—
Carbohydrate	45.87 "	6.55 "	—	—
Calcium	.075 "	.0107 "	2.7	0.4
Iron	.0614 "	.0041 "	127.9	18.2
Vitamin A	96,100 I.U.	13,728 I.U.	600	85.7
Vitamin B_1	1.43 mgs.	.20 mgs.	22.2	3.1
Vitamin C	95 "	13 "	39	5.5
Riboflavin	14.06 "	2.0 "	130	18.5
Niacin	80.63 "	11.51 "	112	16

LOIN OF BEEF WITH MUSTASA LEAVES

(5 servings)

Loin of beef	2 c.	400 gms.	½" cubes
Mustasa leaves (*buro*)	3 c.	400 "	1" long
Lard	¼ c.	44 "	
Toyo	¼ c.	27 "	

Sauté the beef in lard. Cover for 3 minutes. Add the *toyo* and the *mustasa* leaves. Stir and cook for 8 to 10 minutes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,708 cals.	341 cals.	17.1	3.4
Protein	78.40 gms.	15.68 gms.	32.6	6.5
Fat	145.54 "	29.10 "	—	—
Carbohydrate	21.26 "	4.25 "	—	—
Calcium	.920 "	.184 "	32.8	6.5
Iron	.0256 "	.0051 "	51.2	10.2
Vitamin A	25,840 I.U.	5,168 I.U.	161	32
Vitamin B_1	.76 mgs.	.13 mgs.	11.8	2.4
Vitamin C	—	—	—	—
Riboflavin	1.30 "	.26 "	12	2.4
Niacin	21.60 "	4.32 "	30	6

MEAT BALLS WITH SWEET SOUR SAUCE

(7 servings)

Pork	2½ c.	500 gms.	ground
Flour	½ c.	55 "	
Eggs	2 large	140 "	
Toyo	2 T.	30 "	
Sugar	½ c.	105 "	
Vinegar	½ c.		
Water	1½ c.		
Cornstarch	3 T.	30 "	
Green pepper	1 med. size	70 "	sliced
Green papaya	1 c.	120 "	sliced
Red pepper	1 med. size	70 "	sliced
Lard for frying the meat balls.		50 "	

Mix the ground pork, eggs and flour in a bowl. Season with salt and pepper. Form into balls (1 tablespoon) and fry in hot fat and set aside.

In a saucepan place 1 cup of water, green papaya, green and red pepper, vinegar, sugar and *toyo*. Cook for 5 minutes and add the cornstarch which has been mixed with ½ cup of water. Cook for 3 minutes and stir to prevent scorching. Add the fried pork balls and serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,926 cals.	418 cals.	29.3	4.2
Protein	98.04 gms.	14.00 gms.	40.8	5.8
Fat	188.75 "	26.96 "	—	—
Carbohydrate	208.90 "	29.87 "	—	—
Calcium	.2307 "	.0329 "	8.2	1.2
Iron	.0233 "	.0033 "	46.6	6.6
Vitamin A	3,314 I.U.	473 I.U.	20.7	3
Vitamin B_1	2.35 mgs.	0.33 mgs.	5.1	0.7
Vitamin C	54 "	7 "	22.5	3.2
Riboflavin	1.55 "	.22 "	14.3	2
Niacin	17.27 "	2.46 "	23.9	3.4

MENUDO

(10 servings)

Lard	2 T.	22 gms.	
Garlic	1 T.	10 "	pounded
Onions	¼ c.	24 "	sliced
Tomatoes	1 c.	200 "	chopped
Pork	2 c.	400 "	¾" cubes
Beef liver	2¼ c.	500 "	¾" cubes
Potatoes	2½ c.	400 "	½" cubes
Broth	½ c.		

Salt and pepper to taste.

Sauté the garlic, onions and tomatoes in the usual way. Add the pork and the broth. Season with salt and pepper. Stir and cover. Cook for about 15 minutes to soften the meat. More broth may be added if the meat is tough, but care should be taken in order not to add too much. Add the potatoes and the liver. Stir and cover. Cook until done. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,633 cals.	263 cals.	26.3	2.6
Protein	181.51 gms.	18.15 gms.	75.6	7.6
Fat	170.01 "	17.00 "	—	—
Carbohydrate ..	94.19 "	0.59 "	—	—
Calcium	3.20 "	.01 "	3.2	.3
Iron	.0698 "	.0069 "	140	14
Vitamin A	98,200 I.U.	9,820 I.U.	613	61.3
Vitamin B_1	3.07 mgs.	0.31 mgs.	47.9	4.8
Vitamin C	—	—	—	—
Riboflavin	14.14 "	1.41 "	138	13.8
Niacin	94.50 "	9.45 "	131	13

MICHADO

(6 servings)

Beef	1 piece	500 gms.	
Pork fat (near the rind)	4 strips	200 "	(1" x ½" th x 5")
Carrots	1 med. size	100 "	cut into quarters
Tomatoes	1¼ c.	250 "	sliced
Onions	1 c.	100 "	sliced
Garlic	1 T.	10 "	pounded
Lard	2 T.		
Flour	3 T.		

Enough water to cover the meat
Salt and pepper to taste.

Laurel leaves, *oregano*, *canela* for seasoning

With a thin, sharp knife cut through the entire thickness of the meat in several places and insert the strips of pork fat (lardoons). Place in a saucepan. Add the tomatoes, carrots, onions, garlic and the spices. Season with salt and pepper. Cover with enough water to cook the meat. Cover the pan and cook until the meat is tender. When done cut the meat across to show the strips of pork fat.

In a separate pan place the lard. When it is hot add the flour and stir until it is light brown. Add the broth of the meat including the tomatoes and lastly add the slices of meat. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,825 cals.	471 cals.	28.3	4.7
Protein	101.39 gms.	16.99 gms.	42.2	7.0
Fat	247.39 "	41.23 "	—	—
Carbohydrate	49.53 "	8.25 "	—	—
Calcium	.163 "	.027 "	5.8	1.0
Iron	.0172 "	.0028 "	35.8	5.8
Vitamin A	5,657 I.U.	942 I.U.	35.4	12.9
Vitamin B_1	.26 mgs.	.04 mgs.	4.1	.7
Vitamin C	35 "	6 "	14.6	2.4
Riboflavin	0.90 "	0.15 "	8.3	1.4
Niacin	24.80 "	4.13 "	34.4	5.7

KARI-KARI (10 servings)

Eggplant	3 med. size	250 gms.	Sliced ½" thick
Sitao pods	3 c.	300 "	1½" long
Banana bud	2 c.	160 "	Sliced and dropped in salt water to prevent discoloration
Peanut	½ c.	70 "	ground fine
Rice flour	½ c.	55 "	toasted
Bagoong alamang	3 T.	40 "	
Onions	½ c.	50 "	
Garlic	1 T.	10 "	
Achuete lard	2 T.	22 "	
Broth	4 c.		
Beef shank and tail (1 shank or 1 tail or both)		2,000 " 700 "	A.P. (when the bones are removed you obtain 700 gms. E.P. of meat

Clean the shank and boil until soft. If a pressure cooker is used it takes 40 minutes at 15 lbs. pressure to soften the shank. In an open kettle it may take 2 hours or more. Remove the bones and cut the meat to about 3″ long and 2″ wide. Set aside.

In a saucepan (preferably aluminum or stainless steel or enamel) sauté the garlic in *achuete* lard, until it gives the odor of brown garlic. Add the onions and the *alamang*. Then add the broth, the meat, *sitao* and banana bud. Cover and cook for 5 minutes. Add the eggplant and cook for another 5 minutes. Lastly add the peanuts and the toasted ground rice. Stir and cook for another 5 minutes, stirring it once in a while to prevent scorching. Serve hot with *alamang* sauce.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2268 cals.	227 cals.	22.7	2.3
Protein	191.17 gms.	19.12 gms.	79.7	8.0
Fat	125.42 ”	12.54 ”	—	—
Carbohydrate ..	93.97 ”	9.40 ”	—	—
Calcium	1.3607 ”	.1361 ”	485.8	48.6
Iron	.0439 ”	.0044 ”	87.8	8.8
Vitamin A	208 I.U.	21 I.U.	1.3	.1
Vitamin B_1	2.58 mgs.	0.26 mgs.	40.3	4.0
Vitamin C	50 ”	5 ”	20.8	2.1
Riboflavin	2.14 ”	0.21 ”	19.8	2.0
Niacin	55.15 ”	5.52 ”	76.6	7.7

PICADILLO (6 servings)

Beef	1 c.	200 gms.	ground
Lard	2 T.	22 ”	
Garlic	½ T.	5 ”	pounded
Onions	½ c.	50 ”	sliced
Tomatoes	1 c.	200 ”	chopped
Radishes	1 c.	100 ”	sliced
Rice water	3 c.		

Patis and pepper to taste

Sauté the garlic until light brown. Add the onions and the tomatoes. Cook for 5 minutes. Stir to prevent scorching. Add the beef. Season with *patis* and pepper. Stir and cover for around 3 minutes. Add the rice water and the radish. More *patis* may be added if necessary. Cover and cook for 20 minutes. Serve hot. (1 cup each serving).

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	871 cals.	145 cals.	8.7	1.5
Protein	37.89 gms.	6.31 gms.	15.7	2.6
Fat	72.83 "	12.14 "	—	—
Carbohydrate ..	16.19 "	2.69 "	—	—
Calcium	.0930 "	.0150 "	3.3	0.5
Iron	.0073 "	.0012 "	15.1	2.5
Vitamin A	2,255 I.U.	375 I.U.	14.0	2.3
Vitamin B_1	.26 mgs.	.04 mgs.	4.1	.6
Vitamin C	56 "	9 "	23.3	3.8
Riboflavin	.39 "	.06 "	3.6	.6
Niacin	10.10 "	1.68 "	14.0	2.3

PICADILLO WITH CHAYOTE (6 servings @ ¾ cup)

Lard	1 T.	11 gms.	
Garlic	½ T.	5 "	pounded
Onions	½ c.	50 "	chopped
Tomatoes	1 c.	200 "	chopped
Beef	2¼ c.	450 "	chopped
Chayote	1¾ c.	214 "	cubes
Patis	3 T.	40 "	
Rice water	3 c.		

Pepper to taste.

Sauté the garlic until light brown. Add the onions and tomatoes. Season with *patis* and pepper. Cover and cook over a moderate flame for 5 minutes. Add the meat. Stir and add the rice water. Cover and cook for 10 minutes. Then add the *chayote* and cook for 5 minutes. Serve hot. Yields 5 cups.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,430 cals.	238 cals.	14.3	2.4
Protein	87.53 gms.	14.56 gms.	36.4	6.1
Fat	106.17 "	17.69 "	—	—
Carbohydrate ..	31.14 "	5.19 "	—	—
Calcium	.1074 "	.0179 "	3.8	0.6
Iron	.0195 "	.0032 "	39	6.5
Vitamin A	1,327 I.U.	221 I.U.	8.3	1.4
Vitamin B_1	0.72 mgs.	0.12 mgs.	11.2	1.8
Vitamin C	34 "	6 "	14.1	2.3
Riboflavin	0.84 "	0.14 "	7.7	1.3
Niacin	2.24 "	0.37 "	3.1	0.5

PORK ADOBADO

(12 servings)

Pork meat	12 pieces	500 gms.	
Beef liver	12 "	500 "	
Garlic	2 T.	30 "	pounded
Vinegar	1½ c.		
Salt and pepper to taste			
Water	½ c.		

In different bowls soak the pork meat and liver each in ½ c. of vinegar and 1 T. of pounded garlic. Season with salt and pepper.

Place the pork in a skillet and cover. Cook until the garlic is light brown. If the pork meat does not have enough fat a little lard may be added to brown the garlic. Add the water and ½ cup of vinegar and cover. If the meat is tough more water may be added to soften it. Don't allow all the liquid to evaporate. There should be at least ¾ c. of liquid. Add the liver and stir. Cook for 10 minutes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,942 cals.	245 cals.	29.4	2.5
Protein	163.00 gms.	13.58 gms.	67.9	5.7
Fat	247.77 "	20.64 "	—	—
Carbohydrate ..	15.19 "	1.26 "	—	—
Calcium	.0750 "	.0062 "	2.7	0.2
Iron	.0695 "	.0062 "	14.5	1.5
Vitamin A	96,000 I.U.	8,000 I.U.	537	44.7
Vitamin B_1	3.50 mgs.	.29 mgs.	54.7	4.5
Vitamin C	75 "	6.2 "	31.2	2.6
Riboflavin	14.75 "'	1.22 "	136.5	11.3
Niacin	107.00 '	8.91 "	148.7	12.4

PORK BALLS WITH CHEESE

(8 servings)

Pork	2½ c.	500 gms.	ground
Bread crumb	1 c.	120 "	
Cheese	1 c.	207 "	grated
Tomato sauce	½ c.	100 "	
Eggs	2 large size	140 "	
Broth	1½ c.		
Green pepper	1 med. size	70 "	sliced
Fat for frying the	meat balls	80 "	
Salt and pepper to taste			

Mix the ground pork, eggs, bread crumb and ½ cup of grated cheese in a bowl. Season with salt and pepper. Mix and when thoroughly blended, shape into balls using about ¼ cup of the mixture. Flatten them and fry in deep hot fat. Set aside. Makes 12 balls.

In a saucepan place 1 tbsp. of lard. When hot add the tomato sauce. Stir for 3 minutes and add the broth and grated cheese. Then add the fried meat balls. Place in a bowl and garnish with slices of green pepper. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	4,700 cals.	588 cals.	47.0	5.9
Protein	155.03 gms.	19.38 gms.	64.6	8.1
Fat	383.42 ”	47.93 ’	—	—
Carbohydrate ..	157.25 ”	19.66 ”	—	—
Calcium	2.2745 ”	.2843 ”	81.2	10.2
Iron	.0209 ”	.0026 ”	41.8	5.2
Vitamin A	3,951 I.U.	494 I.U.	24.7	3.1
Vitamin B_1	2.52 mgs.	0.32 mgs.	39.4	4.9
Vitamin C	55 ”	7 ”	22.9	2.9
Riboflavin	2.27 ”	0.28 ”	21.0	2.6
Niacin	19.22 ”	2.40 ”	0.3	—

PORK CHOPS

(5 servings)

Pork chops (Loin chop)	5 pieces	500 gms.	
Eggs	2 pieces	80 ”	Well beaten and season with salt
Lard	4 T.	44 ”	Only 4 T. lard are consumed but use more during the process of frying.
Salt and pepper to taste			

Season the meat with salt and pepper. Dip in well beaten eggs and fry in deep hot fat. Serve hot with tomato catsup.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,975 cals.	395 cals.	19.8	4.0
Protein	92.24 gms.	18.44 gms.	38.4	7.6
Fat	178.20 "	35.64 "	—	—
Carbohydrate	.56 "	.11 "	—	—
Calcium	.093 "	.018 "	3.3	0.6
Iron	.0147 "	.0029 "	1.2	.25
Vitamin A	912 I.U.	182 I.U.	5.7	1.1
Vitamin B_1	2.09 mgs.	0.41 mgs.	31	6.2
Vitamin C	0	—	0	—
Riboflavin	1.07 "	.51 "	10	2
Niacin	17.68 "	3.53 "	24.4	4.8

PORK FRITADA

(7 servings)

Pork	7 pieces	500 gms.	
Potatoes	2 med. size	200 "	Cut into 7 pieces
Tomatoes	1 c.	200 "	chopped
Liver (beef)	7 slices	200 "	
Sweet pepper	1 large	100 "	Cut into halves
Onions	½ c.	50 "	sliced
Garlic	1 T.	10 "	pounded
Lard	2 T.	22 "	Bacon fat

Salt and pepper to taste

Sauté the garlic in lard until light brown. Add the onions and the tomatoes. Cover and cook for 5 minutes. Add the pork and stir. Add ½ c. of water and cook at 15 lbs. pressure for 10 minutes. If it is cooked in an open kettle add 2-3 cups of water and cook until the pork is done. Add the potatoes and cook for 30 minutes. Then add the liver and the sweet pepper. Season with salt and pepper. Cover and cook until done. Care should be taken in order not to overcook the liver as it gets hard. It takes 5 to 8 minutes to cook it. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	3,001 cals.	428 cals.	30	4.3
Protein	108.00 gms.	15.42 gms.	45.0	6.4
Fat	256.53 "	36.64 "	—	—
Carbohydrate	65.10 "	9.30 "	—	—
Calcium	.106 "	.015 "	3.7	0.5
Iron	.0362 "	.0051 "	73.3	10.4
Vitamin A	41,270 I.U.	5,895 I.U.	257	36
Vitamin B_1	2.84 mgs.	0.40 mgs.	44.3	6.3
Vitamin C	74 "	10 "	30.8	4.4
Riboflavin	6.55 "	0.93 "	60.6	8.6
Niacin	52.20 "	7.4 "	71	10

PORK GUISADO WITH POTATOES AND RAISINS

(4 servings)

Pork	1½ c.	300 gms.	ground
Potatoes	1¼ c.	126 "	½" cubes
Lard	1 T.	11 "	
Garlic	½ T.	5 "	pounded
Raisins	¼ c.	29 "	
Onions	⅓ c.	62 "	sliced
Tomatoes	⅝ c.	110 "	chopped
Water	¼ c.		

Salt and pepper to taste

Sauté the garlic until light brown. Add the onions and the tomatoes. Cook for 5 to 8 minutes over a low flame. Add the pork. Season with salt and pepper to taste. Cover and cook for 15 minutes. Add the potatoes and the water. Cover and cook until the potatoes are done. Add the raisins 2 minutes before removing from the fire. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,404 cals.	351 cals.	14.0	3.5
Protein	57.37 gms.	14.34 gms.	23.8	5.9
Fat	106.04 "	26.51 "	—	—
Carbohydrate ..	55.53 "	13.88 "	—	—
Calcium	.0430 "	.0100 "	1.5	.4
Iron	.0067 "	.0018 "	14.8	3.8
Vitamin A	1,100 I.U.	275 I.U.	6.9	1.7
Vitamin B_1	1.37 mgs.	0.34 mgs.	21.7	5.4
Vitamin C	20 "	5 "	8.3	2.1
Riboflavin	.53 "	.16 "	4.9	1.5
Niacin	11.40 "	2.85 "	15.8	4.0

PORK GUISADO

(5 servings)

Lard	1 T.	11 gms.	
Garlic	½ T.	5 "	pounded
Onions	½ c.	50 "	chopped
Pork	1½ c.	300 "	ground
Hot water	½ c.		
Tomatoes	½ c.	100 "	chopped
Salt and pepper to taste			

Sauté the garlic in lard until light brown. Add the onions and the tomatoes. Cook for about 5 minutes. Add the pork and the hot water. Season with salt and pepper. Cover and cook for 15 minutes.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,405 cals.	281 cals.	14.1	2.8
Protein	37.87 gms.	7.57 gms.	15.8	3.1
Fat	146.40 "	29.28 "	—	—
Carbohydrates ..	8.93 "	1.78 "	—	—
Calcium	.0399 "	.0079 "	1.4	.3
Iron	.0085 "	.0015 "	17	3.4
Vitamin A	542 I.U.	108 I.U.	3.3	.6
Vitamin B_1	1.29 mgs.	.25 mgs.	20	4
Vitamin C	15 "	3 "	6.4	1.3
Riboflavin	.49 "	.09 "	4.4	.8
Niacin	10.24 "	2.05 "	2	0.4

PORK SINIGANG

(5 servings)

Pork	5 slices	500 gms.	
Tomatoes	2 large	200 "	Cut into quarters
Gabi roots	2 med. size	100 "	Peeled and sliced 1" long
Radish	1 med. size	100 "	Peeled and sliced 1" long
Mustasa (*buro*)	5 leaves	50 "	
Kalabasa tops	1 bunch	50 "	
Tamarind fruit (green)	4 pieces	40 "	
Malungay pods	2 pieces	30 "	
Water	1 quart		

Patis and pepper to taste

Place the pork, tomatoes, green tamarind and water in a pan. Cover and cook until the pork is almost done. If the meat is tough more water may be added. If a pressure cooker is used only 1 c. of water should be added. Add the radish, *gabi*, *mustasa* leaves and *kalabasa* tops. Season with *patis* and pepper. Cover and cook until the vegetables are done. When the dish is cooked, there should be enough broth to cover the meat and vegetables. Serve hot with *patis*.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,503 cals.	500 cals.	25.3	5.0
Protein	69.24 gms.	13.84 gms.	28.0	5.6
Fat	226.61 "	45.32 "	—	—
Carbohydrates	53.23 "	10.64 "	—	—
Calcium	.225 "	.045 "	8.0	1.6
Iron	.0132 "	.0026 "	27.6	5.3
Vitamin A	6,810 I.U.	1,360 I.U.	42.6	8.5
Vitamin B_1	2.29 mgs.	0.46 mgs.	35.7	7.1
Vitamin C	62 "	12 "	25.9	5.2
Riboflavin	.220 "	.044 "	2.0	.4
Niacin	41.6 "	8.32 "	57.8	11.6

QUILAWEN PORK
(6 servings)

Pork (med. fat)	2 c.	500 gms.	Boiled until soft and cut into cubes
Pork brain	a piece	100 "	Boiled and cut into cubes
Onions	½ c.	50 "	sliced
Garlic	1 T.	10 "	pounded
Toyo	¼ c.	60 "	
Vinegar	½ c.		

Mix all the above ingredients and place in a bowl.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,470 cals.	411 cals	25	4
Protein	75.82 gms.	12.63 gms.	31.4	5.2
Fat	235.89 "	39.31 "	—	—
Carbohydrates ..	11.02 "	1.83 "	—	—
Calcium	.0826 "	.0014 "	2.9	.5
Iron	.0151 "	.0025 "	30.2	5
Vitamin A	25 I.U.	4 I.U.	—	—
Vitamin B_1	2.26 mgs.	.37 mgs.	35.3	5.8
Vitamin C	14 "	2 "	5.8	1
Riboflavin	1.02 "	.17 "	9.4	1.5
Niacin	20.54 "	3.42 "	28.8	4.8

QUILAWEN PORK AND TOKUA
(5 servings)

Pork	1 c.	250 gms.	Boiled until soft and cut into cubes
Tokua	3 squares	300 "	Fried and cut into cubes
Onions	½ c.	50 "	sliced
Garlic	1 T.	10 "	pounded
Toyo	¼ c.	60 "	
Vinegar	½ c.		
Lard for frying the tokua		(15 gms. of lard absorbed during the frying of *tokua*)	

Mix all the above ingredients in a bowl. Serve while hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,566 cals.	311 cals.	15.7	3.1
Protein	77.09 gms.	15.02 gms.	32.1	6.4
Fat	123.58 "	24.72 "	—	—
Carbohydrate	36.13 "	7.23 "	—	—
Calcium	.1511 "	.0302 "	5.3	1.0
Iron	.0124 "	.0025 "	25	5
Vitamin A	25 I.U.	5 I.U.	—	—
Vitamin B_1	1.18 mgs.	0.23 mgs.	18.3	3.6
Vitamin C	5 "	1 "	2	0.4
Riboflavin	1.18 "	0.23 "	10.9	2.2
Niacin	.47 "	.09 "	.6	.1

TENDERLOIN STEAK

(6 servings)

Tenderloin steak	6 slices	500 gms.	
Onions	2 med. size	240 "	sliced
Potatoes	2 large	320 "	⅛" slices
Toyo	¼ c.	56 "	
Lard	4 T.	44 "	
Kalamansi juice	2 T.		
Salt and pepper to taste			

Soak the meat in *toyo* and one tablespoon of *kalamansi*. Meanwhile season the sliced potatoes with salt and fry until done. Set aside. In a skillet place ½ tablespoon of lard and sauté the onions. When done set aside.

Pan fry the steak using ½ tablespoon of lard for every piece of steak. Cook each side of the steak 5 to 8 minutes. Place on a platter. Garnish sides with fried potatoes and sautéed onions. Some prefer to have more *toyo*. More *toyo* may be added if desired just before the meat is removed from the fire.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,230 cals.	371 cals.	22.3	3.7
Protein	93.80 gms.	15.63 gms.	39.0	6.5
Fat	167.76 "	27.79 "	—	—
Carbohydrate	86.40 "	14.40 "	—	—
Calcium	.1630 "	.0271 "	5.8	0.9
Iron	.0158 "	.0026 "	33	5.5
Vitamin A	185 I.U.	30 I.U.	1	—
Vitamin B_1	.91 mgs.	.15 mgs.	3.7	0.6
Vitamin C	48 "	8 "	20	3.3
Riboflavin	.82 "	.13 "	7.6	1.2
Niacin	19.25 "	3.21 "	25.3	4.2

BAGOONG ALAMANG GUISADO

(10 servings)

Alamang	1 c.	240 gms.	
Tomatoes	½ c.	100 "	chopped
Onions	¼ c.	25 "	chopped
Lard	2 T.	22 "	
Garlic	½ T.	5 "	pounded

Sauté the garlic until light brown. Add the onions and the tomatoes. Cook for 5 minutes. Add the *alamang* and cook for another 5 minutes over moderate flame. Stir once in a while to prevent scorching. Yields a little over a cup.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	395 cals.	39 cals.	3.9	.4
Protein	32.98 gms.	3.29 gms.	13.7	1.4
Fat	26.36 "	2.63 "	—	—
Carbohydrate	6.58 "	0.65 "	—	—
Calcium	4.984 "	.4984 "	178	17.8
Iron	.0224 "	.0022 "	44.8	4.5
Vitamin A	530 I.U.	53 I.U.	3.3	0.3
Vitamin B_1	.30 mgs.	.03 mgs.	4.6	.5
Vitamin C	14 "	1.4 "	5.8	0.6
Riboflavin	.03 "	—	0.2	—
Niacin	.59 "	.06 "	0.8	0.1

FRUIT SALAD DRESSING No. 1
(8 servings)

Milk (evap.)	1 c.	227 gms.
Cassava flour	3 T.	40 "
Sugar	¼ c.	52 "
Egg yolk	1 c.	15 "
Butter	1 T.	15 "
Kalamansi juice	2 T.	30 "

Mix the milk, cassava, flour and sugar in a saucepan. Cook over a very low flame or in a double boiler. Stir continuously to prevent scorching. When done, add the butter, egg-yolk and *kalamansi* juice. Stir and cool. Yields 1 cup.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	737 cals.	92 cals.	7.4	0.9
Protein	16.96 gms.	2.12 gms.	7.1	0.9
Fat	34.09 "	4.26 "	—	—
Carbohydrate ..	90.54 "	11.32 "	—	—
Calcium	.6098 "	.0762 "	21.8	2.7
Iron	.0026 "	.0003	5.2	0.7
Vitamin A	1,780 I.U.	223 I.U.	11.1	1.4
Vitamin B_1	0.15 mgs.	0.02 mgs.	2.3	0.3
Vitamin C	14 "	2 "	5.8	0.7
Riboflavin	0.94 "	0.12 "	8.7	1.1
Niacin	0.46 "	0.06 "	0.6	0.1

FRUIT SALAD DRESSING II
(10 servings @ 2½ T.)

Pineapple juice	½ c.	120 gms.
Milk (evap.)	1 c.	227 "
Sugar	⅓ c.	70 "
Cassava flour	3 T.	50 "
Egg	1	70 "

Place the milk, sugar and cassava flour in a saucepan. Stir and cook over a low flame or in a double boiler for 5 to 8 minutes. When thick add the pineapple juice and the slightly beaten egg. Stir and cook for 3 minutes. Yields 1½ c. of dressing.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	846 cals.	85 cals.	8.5	0.9
Protein	23.63 gms.	2.36 gms.	9.8	1.0
Fat	27.21 "	2.72 "	—	—
Carbohydrate ..	126.70 "	12.67 "	—	—
Calcium	.6088 "	.0609 "	21.7	2.2
Iron	.0063 "	.0006 "	12.6	1.3
Vitamin A	1,624 I.U.	162 I.U.	10.2	1.0
Vitamin B_1	0.32 mgs.	0.03 mgs.	5	0.5
Vitamin C	84 "	8 "	35	3.5
Riboflavin	1.13 "	0.11 "	10.5	1.1
Niacin	0.69 "	0.07 "	1.0	0.1

LECHON SAUCE
(10 servings)

Lard	2 T.	22 gms.	
Garlic	½ T.	5 "	pounded
Onions	½ c.	100 "	finely chopped
Liver	½ c.	100 "	finely ground
Water	1 c.		
Vinegar	¾ c.		local vinegar or ½ c. cider
Bread crumbs	⅓ c.	30 "	
Salt	1 T.		
Kasubha	1 T.		toasted
Pepper to season			

Combine the ground liver and water in a bowl. Pass thru a coarse strainer and grind the coarse particles again. Repeat the process until all the liver has passed through the sieve and set aside.

Sauté the garlic until light brown. Add the onions and cook for 2 minutes. Add the liver and vinegar. Stir to prevent big curds. Add the sugar, the bread crumbs, and *kasubha*. Season with salt and pepper. Cook for 5 minutes stirring continuously to prevent curdling. Serve hot with *lechon*. Yields 2¼ cups sauce.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	890 cals.	89 cals.	8.9	.9
Protein	24.70 gms.	2.47 gms.	10.1	1.0
Fat	27.17 "	2.71 "	—	—
Carbohydrate	139.17 "	13.91 "	—	—
Calcium	.040 "	.004 "	1.42	.14
Iron	.0126 "	.00126 "	26.2	2.6
Vitamin A	19,250 I.U.	1,925 I.U.	120	12
Vitamin B_1	.30 mgs.	.03 mgs.	5.1	.5
Vitamin C	20 "	2 "	8.0	0.8
Riboflavin	2.82 "	.28 "	26	2.6
Niacin	16.2 "	1.62 "	22	2.2

MAYONNAISE (1¼ cup)

(20 servings @ 1 T.)

Egg yolk	1	16 gms.	chicken egg
Salad oil	1 c.	200 "	
Kalamansi juice	1 t.	6 "	
Salt	1 t.		
Pepper	a dash		

Place the yolk in a bowl. Add the oil drop by drop at the beginning. Use a fork and stir continuously in one direction. Add the oil by teaspoons. The consistency should get thicker as you proceed. If it doesn't get thick and smooth and if it curdles you may start with another egg yolk and use the curdled mixture instead of another cup of oil. Add the *kalamansi* juice. Season with salt and pepper.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,888 cals.	94 cals.	18.9	.9
Protein	2.87 gms.	.14 gms.	1.2	0.1
Fat	205.28 "	10.26 "	—	—
Carbohydrate	7.27 "	0.36 "	—	—
Calcium	.0311 "	.0015 "	1.1	0.1
Iron	.0013 "	.0001 "	2.6	0.1
Vitamin A	532 I.U.	25 I.U.	3.3	0.2
Vitamin B_1	0.04 mgs.	.002 mgs.	0.6	0
Vitamin C	14 "	.7 "	5.9	.2
Riboflavin	0.09 "	0 "	.8	0
Niacin	0.06 "	0 "	0.1	0

MISO SAUCE

(6 servings)

Lard	3 T.	33 gms.	
Miso	1 c.	219 "	
Tomatoes	½ c.	154 "	chopped
Onions	⅓ c.	32 "	sliced
Garlic	½ T.	5 "	pounded

Salt and pepper to taste

Sauté the garlic in lard until light brown. Add the onions and the tomatoes. Cover and cook for 5 minutes. Add the *miso*. Season with salt and pepper. Stir and cook for another 5 minutes. Serve hot with fish *pesa*. Yields 1 ½ cups.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	562 cals.	100 cals.	5.6	1.0
Protein	31.77 gms.	5.55 gms.	9.9 *	1.7 *
Fat	36.93 "	6.49 "	—	—
Carbohydrate	25.67 "	4.51 "	—	—
Calcium	.049 "	.008 "	0.7	0.1
Iron	.00605 "	.00100 "	12.6	2.1
Vitamin A	1,615 I.U.	269 I.U.	10	1.6
Vitamin B_1	.10 mgs.	.01 mgs.	1.5	.1
Vitamin C	37 "	6 "	15.4	2.5
Riboflavin	1.16 "	.19 "	10.7	1.8
Niacin	0.9 "	0.1 "	1.2	0.6

* See Key to Abbreviations and Symbols, page xi.

PALABOK

(Sauce for Pansit Luglog—3 cups)

(10 servings @ 4½ T.)

Shrimp juice	3 c.		
Achuete lard	⅓ c.	70 gms.	
Garlic	1 T.	10 "	pounded
Onions	½ c.	50 "	
Cornstarch	⅓ c.	40 "	

Salt and pepper to taste.

Mix the cornstarch with ½ c. of shrimp juice and set aside. Sauté the garlic in *achuete* lard until light brown. Add the onions, stir for 2 minutes and then add the shrimp juice. Season with salt and pepper and cook for 5 minutes. Stir continuously to prevent scorching. Serve hot as sauce for *pansit luglog*.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	805 cals.	80 cals.	8	0.8
Protein	1.75 gms.	.17 gms.	.5 *	.0 *
Fat	70.23 "	7.02 "	—	—
Carbohydrate ..	41.58 "	4.16 "	—	—
Calcium	.0114 "	.0011 "	0.3	—
Iron	.00028 "	.00003 "	0.5	—
Vitamin A	25 I.U.	2.5 I.U.	—	—
Vitamin B_1	0.02 mgs.	0.002 mgs.	.1	—
Vitamin C	0.5 "	0.05 "	—	—
Riboflavin	—	—	—	—
Niacin	0.13	—	—	—

SWEET SOUR SAUCE

(8 servings)

Cornstarch	3 T.	97 gms.
Sugar	½ c.	105 "
Toyo	¼ c.	56 "
Vinegar	2 T.	
Water	1½ c.	

Mix all the above ingredients in a saucepan and cook. Stir to prevent scorching. Yields 2 ½ cups of sauce—⅓ cup each serving.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	552 cals.	69 cals.	5.5	0.7
Protein	2.86 gms.	0.35 gms.	0.8 *	0.1 *
Fat	0.33 "	0.04 "	—	—
Carbohydrate ..	134.46 "	33.61 "	—	—
Calcium	—	—	—	—
Iron	—	—	—	—
Vitamin A	—	—	—	—
Vitamin B_1	—	—	—	—
Vitamin C	—	—	—	—
Riboflavin	—	—	—	—
Niacin	—	—	—	—

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* See Key to Abbreviations and Symbols, page xi.

LUMPIA SAUCE

Same ingredients and same food values as the sweet sour sauce except for the fact that there is no vinegar in this recipe.

AMARGOSO GUISADO

(6 servings)

Lard	3 T.	33 gms.	
Garlic	1 T.	10 "	pounded
Onions	⅓ c.	40 "	sliced
Tomatoes	¾ c.	150 "	chopped
Shrimp meat	¼ c.	68 "	
Pork meat	½ c.	100 "	cubes
Egg	1 sm. size	40 "	
Shrimp juice	½ c.		
Amargoso	5 c.	450 "	sliced crosswise

Salt and pepper to taste.

Sauté the *amargoso* in lard and set aside. In that same lard sauté the garlic until light brown. Add the onions and the tomatoes. Cover and cook for 5 minutes. Add the pork, shrimp, and shrimp juice. Season with salt and pepper. Stir and cover for 15 minutes. Stir once in a while to prevent scorching. Add the sautéed *amargoso*. Cook for 5 minutes more and lastly add the slightly beaten eggs two minutes before removing from the fire. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,014 cals.	169 cals.	10.1	1.6
Protein	56.32 gms.	9.38 gms.	3.9	0.7
Fat	70.87 "	11.81 "	—	—
Carbohydrate	37.61 "	6.26 "	—	—
Calcium	.230 "	.038 "	1.3	.2
Iron	.0121 "	.0020 "	4.0	0.6
Vitamin A	2,976 I.U.	496 I.U.	3.1	0.5
Vitamin B_1	1.09 mgs.	.18 mgs.	15.4	2.5
Vitamin C	182 "	30 "	75	10
Riboflavin	.51 "	.08 "	4.7	.8
Niacin	6.94 "	1.15 "	9.6	1.6

BAMBOO SHOOT GUISADO

(5 servings)

Bamboo shoot	2 c.	280 gms.	finely sliced
Malungay leaves	2½ c.	60 "	
Shrimps	1 c.	200 "	
Pork	½ c.	100 "	
Bagoong alamang ...	2 T.	30 "	
Lard	1 T.	11 "	
Garlic	½ T.	5 "	pounded
Shrimp juice	1 c.		
Salt and pepper to taste.			

Sauté the garlic until light brown. Add the *alamang*, pork and shrimps. Stir and add the shrimp juice, *malungay* leaves and the bamboo shoots. Season with salt and pepper. Cover and cook for 10 minutes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	824 cals.	165 cals.	8.2	1.7
Protein	65.96 gms.	13.19 gms.	27.4	5.5
Fat	68.86 "	13.77 "	—	—
Carbohydrate ..	10.19 "	2.04 "	—	—
Calcium	1.016 "	.503 "	36.2	7.2
Iron	.0115 "	.0023 "	23	4.6
Vitamin A	21,000 I.U.	4,200 I.U.	125	25
Vitamin B_1	0.33 mgs.	0.06 mgs.	5.1	1
Vitamin C	45 "	9 "	18.7	3.7
Riboflavin	.63 "	.12 "	5.8	1.1
Niacin	9.1 "	1.8 "	12.6	2.5

BANANA BUD WITH COCONUT MILK

(5 servings)

Banana bud	1 small	300 gms. E.P.	Slice and drop in salt water
Coconut milk			
thick	½ c.	106 "	
thin	½ c.		
Onions	½ c.	48 "	
Garlic	1 T.	10 "	
Lard	1 T.	11 "	
Shrimp meat	⅓ c.	68 "	
Vinegar	⅛ c.		
Patis and pepper to taste			

Rinse the sliced bud and place in a saucepan. Add vinegar, garlic, shrimp meat and the thin coconut milk. Season with *patis* and pepper. Cover and cook for 15 minutes. Add the thick coconut milk and cook for another 15 minutes. Serve hot or cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	645 cals.	129 cals.	6.5	1.3
Protein	23.51 gms.	4.70 gms.	7.3 *	1.4 *
Fat	51.64 "	10.32 "	—	—
Carbohydrate ..	21.74 "	4.34 "	—	—
Calcium	.141 "	.028 "	4.7	1.0
Iron	.0022 "	.0004 "	4.4	0.9
Vitamin A	41 I.U.	8 I.U.	—	—
Vitamin B_1	.04 mgs.	.01 mgs.	0.6	0.1
Vitamin C	—	—	—	—
Riboflavin	.020 "	.004 "	—	—
Niacin	1.37 "	.25 "	1.9	0.3

* See Key to Abbreviations and Symbols, page xi.

BROILED EGGPLANT WITH TOMATOES
(6 servings)

Eggplant (5" long x 1¼" dia.)	6 pieces	1,000 gms.	
Tomatoes	2 large	200 "	
Vinegar	½ c.		
Garlic	½ T.	5 "	pounded
Onions	1 c.	96 "	chopped
Salt and pepper to taste			

Broil the eggplant over live coals. When done remove the skin and place in a platter. In a bowl mix the vinegar, garlic and onions. Season with salt and pepper. Pour the vinegar mixture on the eggplant and garnish top with slices of tomatoes. Serve with fried fish or *daing* or *tapa*.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	396 cals.	66 cals.	4	0.7
Protein	14.59 gms.	2.43 gms.	4.6 *	0.8 *
Fat	6.19 "	1.03 "	—	—
Carbohydrate	70.51 "	11.75 "	—	—
Calcium	.2506 "	.0417 "	8.2	1.3
Iron	.0200 "	.0033 "	40	6.6
Vitamin A	1,266 I.U.	211 I.U.	7.9	1.3
Vitamin B_1	1.49 mgs.	.25 mgs.	21.7	3.6
Vitamin C	84 "	14 "	14	2.3
Riboflavin	.06 "	.01 "	0.5	—
Niacin	1.06 "	0.17 "	1.4	.2

BURO MUSTASA GUISADO (6 servings)

Buro mustasa	3 c.	450 gms.	sliced
Shrimps, e.p.	½ c.	100 "	cut to pieces
Eggs	2 med. size	140 "	
Tomatoes	½ c.	100 "	chopped
Onions	½ c.	50 "	sliced
Garlic	½ T.	5 "	pounded
Lard	1 T.	11 "	
Shrimp juice	½ c.		

Salt and pepper to taste

Sauté the garlic, onions and tomatoes in the usual manner of preparing *guisado*. Add the shrimps, *burong mustasa* and shrimp juice. Season with salt and pepper. Cover and cook for 8 minutes. Add the slightly beaten eggs 2 minutes before removing from the fire. Stir and serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	621 cals.	103 cals.	6.2	1
Protein	50.20 gms.	8.36 gms.	15.6 *	2.6 *
Fat	33.15 "	5.57 "	—	—
Carbohydrate	30.45 "	5.07 "	—	—
Calcium	1.0709 mgs.	.1784 mgs.	37.8	6.3
Iron	.0221 "	.0036 "	44.2	7.3
Vitamin A	31,072 I.U.	5,178 I.U.	194	32
Vitamin B_1	0.81 mgs.	0.13 mgs.	12.6	2.1
Vitamin C	50 "	8 "	20.8	3.4
Riboflavin	1.45 "	.24 "	13.4	2.2
Niacin	6.28 "	1.04 "	1	—

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* See Key to Abbreviations and Symbols, page xi.

CABBAGE GUISADO

(6 servings)

Lard	1 T.	11 gms.	
Garlic	1 T.	10 ”	pounded
Onions	1 c.	100 ”	sliced
Shrimps	¼ c.	68 ”	meat
Pork	½ c.	100 ”	½″ cubes
Tokua	1 c.	200 ”	½″ cubes
Cabbage	7 c.	375 ”	sliced ½″ long
Salt and pepper to taste			

Sauté the garlic in 1 T. of lard until light brown. Add the onions and stir for 3 minutes. Then add the pork and the shrimps. Season with salt and pepper and cover for about 5 minutes. If the pork is tough, water may be added and more time may be needed to soften the pork. Add the *tokua* and the cabbage. Season with salt and pepper and stir. Cover and cook for 10 minutes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	923 cals.	154 cals.	9.2	1.5
Protein	69.40 gms.	11.56 gms.	21.6 *	3.6 *
Fat	51.95 ”	8.66 ”	—	—
Carbohydrate ..	44.41 ”	7.60 ”	—	—
Calcium	.3248 ”	.0548 ”	11.5	1.9
Iron	.0101 ”	.0017 ”	20.2	3.3
Vitamin A	391 I.U.	65 I.U.	2.4	.4
Vitamin B_1	1.05 mgs.	.17 mgs.	16.3	2.7
Vitamin C	106 ” †	17 ” †	44	7
Riboflavin	1.52 ”	.25 ”	14.0	2.3
Niacin	5.73 ”	.95 ”	8	1

*† See Key to Abbreviations and Symbols, page xi.

CHAYOTE GUISADO

(4 servings)

Lard	1 T.	11 gms.	
Garlic	½ T.	5 ”	pounded
Onions	½ c.	48 ”	sliced
Shrimp meat	1 c.	200 ”	½″ long
Pork meat	1 c.	200 ”	½″ cubes
Chayote	2 c.	200 ”	½″ cubes
Broth	1 c.		
Salt and pepper to taste			

Sauté the garlic until light brown. Add the onions, pork, broth and shrimp. Cover and cook for 5 minutes. Add the *chayote.* Season with salt and pepper. Stir, cover and cook for about 10 minutes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN: Calories and Weights: Whole Recipe	FOOD VALUES IN: Calories and Weights: One Serving	FOOD VALUES IN: Shares: Whole Recipe	FOOD VALUES IN: Shares: One Serving
Calories	862 cals.	216 cals.	8.6	2.2
Protein	36.11 gms.	9.02 gms.	15.0	3.7
Fat	72.24 "	18.06 "	—	—
Carbohydrate ..	16.81 "	4.20 "	—	—
Calcium	.0970 "	.0242 "	3.4	.8
Iron	.0070 "	.0015 "	14.5	3.1
Vitamin A	42 I.U.	10 I.U.	—	—
Vitamin B_1	0.81 mgs.	0.20 mgs.	11.0	2.7
Vitamin C	12 " †	3 " †	5	1
Riboflavin	.34 "	.08 "	3.1	.7
Niacin	8.93 "	2.23 "	12.4	3.1

† See Key to Abbreviations and Symbols, page xi.

DININGDING

(4 servings)

Chayote	½ large	200 gms.	sliced
Squash leaves	2 c.	64 "	
Tomatoes	2 large	200 "	cut to quarters
Sitao	1 c.	64 "	½" long
Malungay leaves	1 c.	24 "	
Bagoong	1 T.	14 "	
Daing (*dalag*)	2 med. size	100 "	cut to quarters
Water	½ c.		

Broil the *daing* and cut to quarters. Mix all the above ingredients in a pot or sauce pan. Cover and cook until done. It takes about 15 to 20 minutes boiling to cook the vegetables.

Note: The *daing* is salted so no salt is used. Individual taste, however, may demand a little salt.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	272 cals.	68 cals.	2.7	.7
Protein	39.30 gms.	9.82 gms.	12.2 *	3.0 *
Fat	3.13 "	.78 "	—	—
Carbohydrate	21.93 "	5.48 "	—	—
Calcium	1.242 "	.310 "	44.3	11.1
Iron	.0027 "	.0007 "	11.1	1.4
Vitamin A	14,888 I.U.	3,722 I.U.	93.0	23.3
Vitamin B_1	.374 mgs.	.093 mgs.	5.8	1.5
Vitamin C	—	—	—	—
Riboflavin	.08 "	.02 "	.7	.2
Niacin	1.20 "	.30 "	1.7	.4

GINATANG KALABASA (5 servings)

Kalabasa fruit	5 c.	625 gms.	½" cubes
Shrimp meat	¼ c.	68 "	
Garlic	½ T.	5 "	pounded
Coconut milk	1 c.	212 "	thick—extracted from 1 coconut
Onions	½ c.	50 "	sliced
Lard	1 T.	11 "	
Sitao pods	1 c.	64 "	¾" long

Salt or *bagoong* and pepper to taste.

Sauté the garlic in lard until light brown. Add the onions and the shrimps. Stir and add the coconut milk, *kalabasa* and *sitao*. Season with salt and pepper and cover. Cook until done. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,210 cals.	242 cals.	12.1	2.4
Protein	32.28 gms.	6.45 gms.	10.0 *	2.0 *
Fat	90.02 "	18.00 "	—	—
Carbohydrate	67.61 "	13.52 "	—	—
Calcium	.191 "	.038 "	6.8	1.4
Iron	.0057 "	.0012 "	11.8	2.4
Vitamin A	17,766 I.U.	3,553 I.U.	111	22
Vitamin B_1	.40 mgs.	.08 mgs.	6.3	1.3
Vitamin C	35 "	7 "	14.6	3.0
Riboflavin	.52 "	.10 "	4.8	.9
Niacin	5.05 "	1.01 "	7.0	1.4

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* See Key to Abbreviations and Symbols, page xi.

GUINATAN SANTOL

(5 servings)

Santol	2 c.	300 gms.	sliced
Coconut milk:			
thick	½ c.	55 "	
thin	½ c.		
Bagoong alamang ...	3 T.	45 "	

Place the coconut milk and *santol* in a saucepan. Cook for 5 minutes and add the *alamang*. Cook for 2 minutes more. Serve hot or cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	400 cals.	80 cals.	4.0	0.8
Protein	10.46 gms.	2.09 gms.	3.3 *	0.6 *
Fat	24.16 "	4.83 "	—	—
Carbohydrate ...	35.13 "	7.03 "	—	—
Calcium	.9664 "	0.1933 "	34.5	6.9
Iron	.0079 "	.0016 "	15.8	3.2
Vitamin A	0 I.U.	0 I.U.	0	0
Vitamin B_1	0.04 mgs.	0.01 mgs.	0.6	0.1
Vitamin C	1 "	0.20 "	0.4	0.1
Riboflavin	0	0	0	0
Niacin	0.05 "	0.01 "	0.07	0.01

* See Key to Abbreviations and Symbols, page xi.

GUISADO STRING BEANS

(7 servings)

String beans	4 c.	380 gms. E.P.	½" pieces
Onions	½ c.	50 "	sliced
Pork meat	1 c.	200 "	
Shrimp meat	¼ c.	68 "	
Lard	1 T.	11 "	
Garlic	1 T.	10 "	pounded
Shrimp juice	1½ c.		
Salt and pepper to taste			

Sauté the garlic until light brown. Add the onions, the pork meat, shrimp meat, vegetables and shrimp juice. Season with salt and pepper. Cover and cook for 15 minutes. A little water may be added if necessary. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,025 cals.	156 cals.	10.3	1.6
Protein	57.09 gms.	8.44 gms.	23.7	3.4
Fat	74.83 "	10.64 "	—	—
Carbohydrate ...	30.83 "	4.43 "	—	—
Calcium	.253 "	.036 "	9.0	1.2
Iron	.0123 "	.0017 "	25.7	3.6
Vitamin A	1,125 I.U.	160 I.U.	7.0	1.0
Vitamin B_1	1.03 mgs.	.14 mgs.	16.0	2.3
Vitamin C	—	—	—	—
Riboflavin	.850 "	.125 "	7.8	1.1
Niacin	11.11 "	1.1 "	15.4	2.7

KALABASA WITH AMPALAYA

(5 servings)

Pork meat	1 c.	200 gms.	cubes
Shrimp meat	¼ c.	68 "	E.P.
Ampalaya fruit	1 large	80 "	sliced
Kalabasa fruit	2 c.	266 "	½" cubes
Garlic	½ T.	5 "	pounded
Lard	1 T.	11 "	
Shrimp juice	½ c.		

Salt or *bagoong* and pepper to taste

Sauté the garlic in lard until light brown. Add the pork, shrimp meat and the shrimp juice. Season with salt and pepper and cover. Cook for 15 minutes. Add the vegetables and stir. More salt may be added if needed. Cover and cook until the vegetables are done. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,010 cals.	202 cals.	10.1	2.0
Protein	52.00 gms.	10.40 gms.	21.7 *	4.4 *
Fat	74.86 "	14.97 "	—	—
Carbohydrate	32.00 "	6.40 "	—	—
Calcium	.126 "	.025 "	4.5	.9
Iron	.00769 "	.00154 "	16.0	3.2
Vitamin A	13,434 I.U.	2,687 I.U.	83.9	16.8
Vitamin B_1	0.97 mgs.	0.19 mgs.	15.0	3.0
Vitamin C	37 "	7 "	15.4	2.9
Riboflavin	.53 "	.10 "	4.9	.9
Niacin	9.31 "	1.86 "	12.9	2.6

KALABASA GUISADO (7 servings)

Garlic	½ T.	5 gms.	pounded
Lard	2 T.	22 "	sliced
Onions	½ c.	50 "	sliced
Shrimp meat	¼ c.	68 "	
Pork meat	½ c.	100 "	cubes
Kalabasa fruit	5 c.	670 "	cubes
Shrimp juice	½ c.		
Coconut milk	½ c.	106 "	thick

Salt and pepper to taste

Sauté the garlic in lard until light brown. Add the onions, shrimp and pork. Add the shrimp juice and cover. Boil for 5 minutes, then add the *kalabasa* and the coconut milk. Season with salt and pepper. Cook for 15 minutes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,311 cals.	185 cals.	13.1	1.9
Protein	44.81 gms.	6.40 gms.	14.0 *	2.0 *
Fat	94.44 "	13.66 "	—	—
Carbohydrate	70.46 "	10.06 "	—	—
Calcium	.301 "	.043 "	10.7	1.5
Iron	.0074 "	.0011 "	15	2.1
Vitamin A	16,816 I.U.	2,402 I.U.	105	15
Vitamin B_1	0.85 mgs.	0.12 mgs.	13.2	1.8
Vitamin C	31 "	4 "	12.9	1.7
Riboflavin	.72 "	.10 "	6.7	.9
Niacin	8.52 "	1.21 "	11.8	1.7

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* See Key to Abbreviations and Symbols, page xi.

LAKSA (10 servings)

Shrimps	1 c.	136 gms.	E.P.
Pork	½ c.	100 "	cubes
Garlic	1 c.	10 "	ground
Onions	1 T.	48 "	sliced
Eggplant	½ c.	94 "	¼" thick
Sitao pods	2 c.	128 "	½" long
Patani beans	1 c.	80 "	
Kalabasa tops	2 c.	64 "	
Kalabasa fruits	1 c.	134 "	½" cubes
Sutanghon	2 c.	128 "	1" long, dry *sutanghon*
Lard	3 T.	33 "	
Shrimp juice	2 c.		

Patis and pepper to taste

Soak the *sutanghon* in water and set aside. Sauté the garlic until light brown. Add the onions, shrimps and pork. Stir and add the shrimp juice. Cover and cook until the pork is done. Add the *sitao* pods and *patani*. Cover and after 10 minutes add the rest of the vegetables. Season with *patis* and pepper and stir. Cover and cook until the vegetables are almost done. Add the *sutanghon* which had been previously soaked in water and stir. A little water may be added if necessary. Cover and cook for 8 minutes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,722 cals.	172 cals.	17.2	1.7
Protein	68.61 gms.	6.86 gms.	21.4 *	2.1 *
Fat	74.63 "	7.46 "	—	—
Carbohydrate	194.09 "	19.41 "	—	—
Calcium	.344 "	.034 "	2.3	.2
Iron	.0166 "	.0016 "	34.5	3.5
Vitamin A	12,498 I.U.	1,250 I.U.	78.1	7.8
Vitamin B_1	1.60 mgs.	.16 mgs.	24.9	2.5
Vitamin C	34 "	3.4 "	14.1	1.4
Riboflavin	.60 "	.06 "	5.6	.6
Niacin	9.56 "	.96 "	13.3	1.3

* See Key to Abbreviations and Symbols, page xi.

LUMPIA Combination No. I

(10 servings @ 2 *lumpia* per serving)

Lumpia wrappers	20	160 gms.	7½" dia.
Pork	1 c.	200 "	cubes

Shrimps	½ c.	100 ”	
Garlic	1 T.	10 ”	pounded
Onions	1 c.	100 ”	sliced
Lard	3 T.	55 ”	
Achuete lard	2 T.		
Chayote	2 c.	260 ”	½″ cubes
Green papaya	3 c.	225 ”	grated
Cabbage	2 c.	100 ”	¼″ thick
Sweet potatoes (yellow)	2 c.	335 ”	⅓″ cubes
String beans	2 c.	190 ”	sliced ¼″ thick
Tokua	1 c.	200 ”	⅓″ cubes
Lettuce leaves	20 pieces		
Shrimp juice	1 c.		
Lumpia sauce	1¼ c.		
Salt and pepper to taste			

Sauté the garlic in lard until light brown. Add the onions and stir for 2 minutes. Add shrimp meat, pork and shrimp juice. Cover and cook until the meat is done. (About 10-15 minutes). Add all the vegetables and the *achuete* lard. Season with salt and pepper and stir. Place the *tokua* on top and cover. Cook over a medium flame for about 15 minutes. Stir once in a while to prevent scorching. When done remove from the fire. Wrap about 3 tablespoons of the *lumpia* in each wrapper with a leaf of lettuce. Part of the lettuce should show at one end of the *lumpia*. Yields 20 *lumpia*. Serve hot with *lumpia* sauce. See recipe for *lumpia* sauce on page 117.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,767 cals.	277 cals.	27.7	2.8
Protein	109.59 gms.	10.96 gms.	34.2 *	3.4 *
Fat	133.96 ”	13.39 ”	—	—
Carbohydrate	280.74 ”	28.07 ”	—	—
Calcium	.685 ”	.069 ”	20.9	2.1
Iron	.0204 ”	.0020 ”	42.4	4.3
Vitamin A	26,545 I.U.	2,655 I.U.	165.9	16.59
Vitamin B_1	2.45 mgs.	.24 mgs.	38.3	3.8
Vitamin C	99 ”	10 ”	41.2	4.1
Riboflavin	1.99 ”	.2 ”	18.4	1.8
Niacin	12.8 ”	1.3 ”	17.8	1.8

* See Key to Abbreviations and Symbols, page xi.

LUMPIA

Combination No. II

(20 *lumpia*)

(10 servings)

Pork	1 c.	200 gms.	cubes
Shrimps	½ c.	100 "	
Togue	3 c.	270 "	
Potatoes	2 c.	420 "	¼" cubes
Yellow sweet potato	1¼ c.	200 "	⅓" cubes
Batao	4 c.	496 "	¼" thick, sliced
Garlic	1 T.	10 "	pounded
Onions	1 c.	100 "	sliced
Shrimp juice	1 c.		
Lard	3 T.	55 "	
Achuete lard	2 T.		
Lettuce leaves	20 pieces		
Salt and pepper to taste			
Lumpia sauce	1¼ c.		
Lumpia wrappers	20 pcs.	160 "	7½" dia.

Follow the procedure in the preceding *lumpia* recipe.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,625 cals.	262 cals.	26.3	2.6
Protein	108.18 gms.	10.82 gms.	33.8 *	3.4 *
Fat	130.72 "	13.07 "	—	—
Carbohydrate	254.21 "	25.42 "	—	—
Calcium	.541 "	.054 "	19.3	1.9
Iron	.0178 "	.0018 "	35.6	3.5
Vitamin A	11,375 I.U.	1,138 I.U.	71	7
Vitamin B_1	2.23 mgs.	.223 mgs.	34.8	3.5
Vitamin C	220 "	22 "	91.7	9.2
Riboflavin	2.01 "	.20 "	18.6	1.9
Niacin	16.27 "	1.63 "	22.6	2.3

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* See Key to Abbreviations and Symbols, page xi.

LUMPIA
Combination No. III

(20 *lumpia*)
(10 servings)

Pork	1 c.	200 gms.	cubes
Shrimps	½ c.	100 "	
Onions	1 c.	100 "	sliced
Garlic	1 T.	10 "	pounded
Lard	3 T.	55 "	
Achuete lard	2 T.		
Green papaya	4 c.	300 "	grated
Carrots	1 c.	180 "	¼″ cubes
String beans	2 c.	190 "	¼″ thick
Potatoes	2 c.	420 "	¼″ cubes
Togue	2 c.	180 "	¼″ radicle
Tokua	2 c.	400 "	⅓″ cubes (4 squares)
Shrimp juice	1 c.		
Salt and pepper to taste			
Lumpia wrapper	20 pieces	160 "	7½″ dia.
Lettuce	20 pieces		
Lumpia sauce	1¼ c.		

Follow the procedure in cooking *lumpia*.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,880 cals.	288 cals.	28.8	2.9
Protein	129.87 gms.	12.99 gms.	40.5 *	4.1 *
Fat	140.19 "	14.01 "	—	—
Carbohydrate	272.57 "	27.26 "	—	—
Calcium	0.5740 "	.0574 "	20.5	2.1
Iron	.0236 "	.0024 "	47.2	4.7
Vitamin A	22,408 I.U.	2,241 I.U.	240	25
Vitamin B_1	2.08 mgs.	.21 mgs.	32.5	3.3
Vitamin C	86 "	8.6 "	35.8	3.6
Riboflavin	3.29 "	.33 "	30.4	3.0
Niacin	17.09 "	1.71 "	23.7	2.4

* See Key to Abbreviations and Symbols, page xi.

LUMPIA

(Yields 20 servings)
Combination No. IV

Cabbage	4 c.	250 gms.	sliced
Yellow *camote*	2 c.	250 "	½" cubes
String beans	3 c.	250 "	½" long
Garbanzos	1 c.	179 "	
Tokua	1½ c.	300 "	½" square
Pork	⅓ c.	70 "	½" cubes
Shrimp meat	½ c.	100 "	½" long
Onions	½ c.	50 "	sliced
Garlic	1 T.		
Lumpia wrapper	20 pieces	160 "	
Lettuce	40 leaves	250 "	

Follow directions for making fresh *lumpia.*

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	3,053 cals.	153 cals.	30.5	1.5
Protein	128.14 gms.	6.41 gms.	40.0 *	2.0 *
Fat	161.43 "	8.07 "	—	—
Carbohydrate	272.13 "	13.61 "	—	—
Calcium	.8594 "	.0430 "	30.7	1.5
Iron	.0425 "	.0021 "	85	4.3
Vitamin A	11,404 I.U.	570 I.U.	71.3	3.6
Vitamin B_1	1.77 mgs.	0.09 mgs.	27.7	1.4
Vitamin C	145 "	7 "	60.4	3.0
Riboflavin	1.36 "	0.07 "	12.6	0.6
Niacin	15.42 "	0.77 "	21.4	1.1

* See Key to Abbreviations and Symbols, page xi.

OKOY TOGUE

(No. 1)
(12 servings)

Rice flour	1 c.	120 gms.	*wagwag*
Shrimp juice	1 c.	200 "	
Shrimps	1 c.		small shrimps with shells
Onions	½ c.	50 "	sliced
Togue	2 c.	180 "	
Kalabasa	1 c.	200 "	grated
Fat for frying		80 "	

Salt and pepper to taste.

Place the fat in a kettle over a moderate flame. Meanwhile prepare the batter by mixing the rice flour and shrimp juice in a bowl.

Add the rest of the ingredients and season with salt and pepper. Place ⅓ cup of the mixture at a time in a saucer and drop it in the deep hot fat. Cook until light brown. Serve hot with vinegar and pounded garlic.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,710 cals.	142 cals.	17.1	1.4
Protein	70.63 gms.	5.88 gms.	22.0	1.9
Fat	94.39 "	7.85 "	—	—
Carbohydrate ...	144.51 "	12.04 "	—	—
Calcium	.2568 "	.0214 "	9.1	0.8
Iron	.0198 "	.0016 "	39.6	3.3
Vitamin A	5,204 I.U.	433 I.U.	32	2.6
Vitamin B_1	.82 mgs.	.07 mgs.	12.8	1.1
Vitamin C	35 "	3 "	14.5	1.2
Riboflavin	1.90 "	.15 "	18	3
Niacin	8.47 "	0.70 "	11.7	1.0

PATANI WITH SUTANGHON
(5 servings)

Lard	2 T.	22 gms.	
Garlic	½ T.	5 "	pounded
Onions	½ c.	48 "	sliced
Pork meat	⅓ c.	70 "	cubes
Shrimp meat	¼ c.	32 "	
Sutanghon	1½ c.	64 "	1" long (dry weight)
Patani	3 c.	240 "	thin covering removed
Shrimp juice	1½ c.		

Salt and pepper to taste.

Follow the usual way of sautéing the garlic and onions. Add the pork and the shrimp meat. Then add the shrimp juice and cover for 10 minutes. Add the *patani*. Season with salt and pepper and cover for 15 minutes or more to cook the beans. Add the *sutanghon* which had been soaked in water. Stir and cook for about 10 minutes. A little broth may be added if necessary. Season with salt and pepper. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN: Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,447 cals.	289 cals.	14.4	2.8
Protein	59.55 gms.	11.9 gms.	24.8	4.9
Fat	58.69 "	11.73 "	—	—
Carbohydrate	170.15 "	34.03 "	—	—
Calcium	.0753 "	.0131 "	2.7	0.5
Iron	.0088 "	.0017 "	17.8	3.5
Vitamin A	19 I.U.	4 I.U.	—	—
Vitamin B_1	0.86 mgs.	.16 mgs.	12.6	2.5
Vitamin C	—	—	—	—
Riboflavin	.402 "	.258 "	3.7	.7
Niacin	2.97 "	2.59 "	4.1	2.8

PINACBET

(Modified to suit the Tagalog taste)

(7 servings)

Eggplant	4 med. size	320 gms.	cut to quarters
Ampalaya	3 sm. size	192 "	cut to 8 parts
Pork	1½ c.	300 "	1" cubes
Shrimp meat	⅔ c.	136 "	
Tomatoes	2 large	200 "	
Onions	1 med. size	100 "	
Lard	2 T.	22 "	
Alamang	3 T.	42 "	
Shrimp juice	1 c.		

Sauté the garlic until light brown. Add the onions and the tomatoes. Cook for 5 minutes. Add the pork, shrimps, shrimp juice and *alamang*. Cover and cook until the pork is tender. A little water may be added to soften the pork. Add the *ampalaya* and the eggplant. Cover and cook until done. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,992 cals.	284 cals.	20	2.8
Protein	79.83 gms.	11.40 gms.	33.2	4.9
Fat	165.10 "	23.58 "	—	—
Carbohydrate	46.73 "	6.67 "	—	—
Calcium	.144 "	.020 "	5.1	0.7
Iron	.0099 "	.0014 "	19.8	2.8
Vitamin A	2,996 I.U.	428 I.U.	18.7	2.6
Vitamin B_1	1.44 mgs.	0.20 mgs.	22.2	3.1
Vitamin C	70 "	10 "	29	4
Riboflavin	.65 "	0.09 "	6	0.8
Niacin	14 "	2 "	19.4	2.7

SITAO GUISADO (5 servings)

Lard	2 T.	22 gms.	
Garlic	1 T.	10 "	pounded
Onions	1 c.	100 "	sliced
Pork meat	1 c.	200 "	cubes
Shrimp meat	½ c.	100 "	
Shrimp juice	½ c.		
Sitao pods	5 c.	320 "	1" long

Patis and pepper to taste

Sauté the garlic until light brown. Add the onions and stir. Add the pork and shrimp. Season with *patis* and pepper. Stir and add the shrimp juice. Cover and cook for 10 minutes to soften the meat. Then add the *sitao* pods. Stir and cover. Cook over low flame for 15 minutes. When done serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,360 cals.	272 cals.	13.6	2.7
Protein	53.35 gms.	10.67 gms.	22.2	4.4
Fat	113.41 "	22.68 "	—	—
Carbohydrate	31.57 "	6.31 "	—	—
Calcium	.227 "	.045 "	8.1	1.6
Iron	.0089 "	.0018 "	17.8	3.5
Vitamin A	4,110 I.U.	1,022 I.U.	25.6	5.1
Vitamin B_1	1.32 mgs.	.40 mgs.	20.6	4.1
Vitamin C	52 " †	10 " †	21.7	4.2
Riboflavin	.35 "	.07 "	3.2	.7
Niacin	8.40 "	1.68 "	86.7	2.3

† See Key to Abbreviations and Symbols, page xi.

STUFFED EGGPLANT

(2 servings)

Eggplant	2 large	160 gms.	
Pork	½ c.	100 "	ground
Onions	¼ c.	28 "	sliced
Garlic	½ T.	5 "	pounded
Tomatoes	¼ c.	55 "	
Eggs	2	80 "	
Lard	1 T.		
Salt and pepper to taste			

Broil the eggplants. Soak in water and remove the skin. Season with salt and pepper and set aside.

Sauté the garlic in ½ T. of lard until light brown. Add the onions and the tomatoes. Then add the pork and cook for 15 minutes. Season with salt and pepper and remove from the fire.

Cool. Add the well-beaten eggs and stuff the eggplants with this mixture. The tops of the eggplants may be brushed with the beaten eggs. Fry in hot fat until brown. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	620 cals.	310 cals.	6.2	3.1
Protein	28.12 gms.	14.06 gms.	11.7	5.8
Fat	50.47 "	25.30 "	—	—
Carbohydrate ...	13.25 "	1.65 "	—	—
Calcium	.167 "	.084 "	6.0	3.0
Iron	.0200 "	.0100 "	41.7	20.8
Vitamin A	1,052 I.U.	526 I.U.	6.6	3.3
Vitamin B_1	6.19 mgs.	3.09 mgs.	96.7	48.3
Vitamin C	—	—	—	—
Riboflavin	1.68 "	.84 "	15.6	7.8
Niacin	25.68 "	12.84 "	34.0	17.0

TOGUE GUISADO

(5 servings)

Lard	2 T.	22 gms.	
Garlic	⅓ T.	3 "	pounded
Onions	¼ c.	24 "	sliced
Pork	½ c.	100 "	cubes
Shrimp meat	¼ c.	68 "	
Shrimp juice	½ c.		
Togue	4 c.	368 "	

Sauté the garlic until light brown. Add the onion and stir for 3 minutes. Then add the pork, shrimp, and shrimp juice. Season with salt and pepper and cover. Cook for 15 minutes. Add the *togue.* More salt may be added if necessary. Cover and cook for another 15 minutes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	736 cals.	122 cals.	7.4	1.2
Protein	40.10 gms.	6.69 gms.	16.6	3.3
Fat	56.22 "	9.37 "	—	—
Carbohydrate	17.34 "	2.89 "	—	—
Calcium	.0785 "	.0157 "	2.7	.05
Iron	.0021 "	.0004 "	4.2	0.8
Vitamin A	149 I.U.	24 I.U.	1	—
Vitamin B_1	1.07 mgs.	.17 mgs.	16.8	3.3
Vitamin C	47 " †	9 " †	20	4
Riboflavin	.17 "	.03 "	1.5	0.3
Niacin	5.91 "	.98 "	8.2	1.6

† See Key to Abbreviations and Symbols, page xi.

VEGETABLE CURRY

(10 servings)

Carrots	2 c.	266 gms.	½" cubes
Chayote	3 c.	400 "	½" cubes
Kalabasa fruit	2 c.	268 "	½" cubes
Pork meat	1 c.	200 "	½" cubes
Shrimp meat	⅔ c.	136 "	
Coconut milk	1 c.	212 "	thick (from 1 coconut)
Garlic	1 T.	10 "	
Onions	½ c.	48 "	sliced
Curry powder	1 T.		
Lard	1 T.	11 "	
Shrimp juice	½ c.		
Salt and pepper to taste			

Sauté the garlic until light brown. Add the onions and stir for 3 minutes. Then add pork, shrimp, and shrimp juice. Season with salt and pepper and cover. Cook for 15 minutes. Add all the vegetables and the coconut milk. Season with salt and pepper and cover. Cook until the vegetables are done. Lastly, add the curry powder. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,642 cals.	164 cals.	16.4	1.6
Protein	63.84 gms.	6.38 gms.	26.6	2.7
Fat	86.52 "	8.65 "	—	—
Carbohydrate	152.84 "	15.28 "	—	—
Calcium	.277 "	.028 "	10.0	1.0
Iron	.01007 "	.00101 "	21.0	2.1
Vitamin A	42,481 I.U.	4,248 I.U	264	26.4
Vitamin B_1	1.82 mgs.	.182 mgs.	26.9	2.7
Vitamin C	29 "	2.9 "	12.1	1.2
Riboflavin	.70 "	.07 "	6.5	.7
Niacin	11.75 "	1.18 "	16.3	1.6

BURONG PAJO SALAD

(6 servings)

Buro pajo	2 c.	300 gms.	sliced
Tomatoes	2 c.	400 "	cubes
Sibuyas tagalog	½ c.	20 "	sliced fine
Alamang	2 T.	30 "	boiled

Mix all the above ingredients in a bowl. Serve with fish *paksiao* or fried fish.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	274 cals.	46 cals.	2.7	0.5
Protein	10.16 gms.	1.69 gms.	3.1 *	0.5 *
Fat	1.88 "	0.31 "	—	—
Carbohydrate	53.95 "	8.99 "	—	—
Calcium	.6931 "	.1156 "	24.8	4.1
Iron	.0138 "	.0023 "	27.6	4.6
Vitamin A	2,093 I.U.	349 I.U.	13.1	2.2
Vitamin B_1	0.54 mgs.	0.09 mgs.	8.4	1.4
Vitamin C	357 " †	60 " †	148.8	24.8
Riboflavin	0.13 "	0.02 "	1.2	0.2
Niacin	2.21 "	0.37 "	3.1	0.5

*† See Key to Abbreviations and Symbols, page xi.

CABBAGE SALAD

(7 servings)

Cabbage	5 c.	375 gms.	Shredded
Tomatoes	1½ c.	309 "	Cut to cubes
Onions	1 c.	96 "	Sliced
Egg	1	60 "	Boiled
Sugar	3 T.	30 "	Brown
Vinegar	½ c.		

Salt and pepper to taste.

Mix all the vegetables in a bowl and marinate in vinegar, sugar and salt. Place on a platter and garnish top with slices of boiled eggs.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	414 cals.	83 cals.	4.1	0.6
Protein	18.93 gms.	3.79 gms.	5.9 *	.8 *
Fat	9.65 "	1.93 "	—	—
Carbohydrate ..	62.87 "	12.57 "	—	—
Calcium	.412 "	.058 "	14.6	2.0
Iron	.0147 "	.0021 "	30.6	4.3
Vitamin A	1,682 I.U.	340 I.U.	10.5	1.5
Vitamin B_1	0.62 mgs.	.09 mgs.	9.7	1.4
Vitamin C	225 "	32 "	92	13
Riboflavin	1.07 "	.15 "	9.9	1.4
Niacin	1.91 "	2.60 "	2.7	.4

* See Key to Abbreviations and Symbols, page xi.

CABBAGE PAPAYA SALAD

(4 servings)

Cabbage	1⅓ c.	100 gms.	shredded
Papaya (*manibalang*)	1½ c.	112 "	shredded
Green pepper	1 small	25 "	sliced
Vinegar	⅓ c.		
Brown sugar	½ T.	5 "	

Salt and pepper to taste.

Mix all the above ingredients in a bowl. Chill and serve cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	74 cals.	18 cals.	.7	.2
Protein	3.46 gms.	0.87 gms.	1.1 *	.3 *
Fat	4.70 "	.12 "	—	—
Carbohydrate	13.80 "	3.45 "	—	—
Calcium	.068 "	.016 "	2.4	.6
Iron	.0009 "	.0002 "	1.9	.5
Vitamin A	2,738 I.U.	687 I.U.	17.1	4.3
Vitamin B_1	.11 mgs.	.02 mgs.	1.7	.5
Vitamin C	158 "	39 "	65.8	16.5
Riboflavin	.088 "	.022 "	.8	.2
Niacin	0.40 "	1.10 "	.5	.1

* See Key to Abbreviations and Symbols, page xi.

CAMOTE CHAYOTE SALAD

(8 servings)

Chayote	3 c.		Boiled ½" cubes
Camote (yellow)	2 c.		Boiled ½" cubes
Peas	⅔ c.	168 gms.	Canned
Green pepper	½ c.	60 "	Finely sliced
Onions	1 med. sz.	100 "	Sliced
Tomatoes	2 med. sz.	150 "	Sliced
Boiled Eggs	2	140 "	Boiled & Sliced
Mayonnaise	½ c.	80 "	
Vinegar	⅓ c.		

Salt and pepper to taste.

Place the *chayote*, *camote*, peas and green pepper in a bowl and marinate in vinegar, salt and pepper. Add ¼ c. of the mayonnaise. Mix to blend. Place on a platter and spread the rest of the mayonnaise on top. Garnish with slices of tomatoes, onions and boiled eggs.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,077 cals.	135 cals.	10.8	1.4
Protein	36.43 gms.	4.55 gms.	11.4 *	1.4*
Fat	28.64 "	3.58 "	—	—
Carbohydrate	168.45 "	21.06 "	—	—
Calcium	.3026 "	.0378 "	10.8	1.4
Iron	.0211 "	.0026 "	42.2	5.3
Vitamin A	15,000 I.U.‡	1,875 I.U.‡	93.8	11.7
Vitamin B_1	1.38 mgs.	0.17 mgs.	21.6	2.7
Vitamin C	155 "†	19 "†	64.6	8.1
Riboflavin	1.06 "	0.13 "	9.8	1.2
Niacin	8.90 "	1.11 "	12.4	1.6

*†‡ See Key to Abbreviations and Symbols, page xi.

CHICKEN SALAD

(10 servings)

Potatoes	7 c.	1,000 (A.P.) gms	Boiled, cut to ½" cubes
Peas	⅔ c.	168 gms.	Canned
Carrots	1 c.	200 "	Boiled & cut to cubes
Celery	¼ c.	40 "	Chopped
Sweet pickles	⅓ c.	60 "	Chopped
Chicken	2 c.	450 "	Boiled & diced
Eggs	2	140 "	Boiled & sliced
Tomatoes	1 large	100 "	Sliced
Parsley	1 stem	20 "	For garnishings
Mayonnaise	⅔ c.		
Vinegar	⅓ c.		

Salt and pepper to taste.

Mix the boiled potatoes, celery, carrots, sweet pickles, peas and vinegar in a bowl. Season with salt and pepper. Place in a refrigerator to chill. Just before serving add the chicken and the mayonnaise. Mix well and place in a salad bowl. Garnish top with slices of boiled eggs, tomatoes and parsley.

SPECIFIC NUTRIENTS	FOOD VALUES IN: Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,279 cals.	228 cals.	22.8	2.3
Protein	144.14 gms.	14.41 gms.	65.1 *	6.5 *
Fat	87.88 ”	8.79 ”	—	—
Carbohydrate ..	226.79 ”	22.68 ”	—	—
Calcium	.5596 ”	.0560 ”	20.0	2.0
Iron	.0539 ”	.0054 ”	107.8	10.8
Vitamin A	29,409 I.U.	2,941 I.U.	183.8	18.4
Vitamin B_1	2.32 mgs.	0.23 mgs.	36.3	3.6
Vitamin C	106 ” †	11 ” †	44.1	4.4
Riboflavin	2.15 ”	0.22 ”	19.9	2.0
Niacin	44.86 ”	4.49 ”	62.3	6.2

FRUIT SALAD I. (6 servings)

Papaya (ripe)	2 c.	400 gms.	½″ cubes
Apples	1¾ c.	250 ”	½″ cubes
Grapes	1½ c.	240 ”	Seeded and cut to halves
Lacatan	½ c.	100 ”	Cut crosswise
Kalamansi juice	2 T.	30 ”	
Sugar	5 T.	55 ”	
Fruit salad dressing .	½ c.		
Peanuts	3 T.	50 ”	Finely chopped

Marinate the apples and the *lacatan* with *kalamansi* juice to prevent darkening. Mix all the above ingredients in a bowl except the peanut. Place on a platter or salad bowl. Sprinkle the top with chopped peanuts.

SPECIFIC NUTRIENTS	FOOD VALUES IN: Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,138 cals.	190 cals.	11.4	1.9
Protein	23.68 gms.	3.95 gms.	7.4 *	1.2 *
Fat	28.57 ”	4.76 ”	—	—
Carbohydrate ..	197.20 ”	32.87 ”	—	—
Calcium	.2350 ”	.0392 ”	8.4	1.4
Iron	.0154 ”	.0026 ”	30.8	5.1
Vitamin A	13,248 I.U.	2,208 I.U.	82.8	13.8
Vitamin B_1	0.91 mgs.	0.15 mgs.	14.2	2.4
Vitamin C	163 ” †	27 ” †	67.9	11.3
Riboflavin	1.06 ”	0.18 ”	9.8	1.6
Niacin	9.95 ”	1.66 ”	13.8	2.3

* † See Key to Abbreviations and Symbols, page xi.

FRUIT SALAD II.

(7 servings)

Avocado (e.p.)	1 c.	200 gms.	cubes
Banana (e.p.)	3 med. sz.	200 ”	sliced ¼″ thick
Pineapple	¼ med. sz	200 ”	cubes
Orange	1 big	120 ”	cubes
Raisin	¼ c.	50 ”	
Lettuce	10 leaves	50 ”	
Mayonnaise	8 T.	80 ”	

Mix all the ingredients in a bowl except the lettuce. Line a platter or a bowl with lettuce leaves and place the salad on the bed of lettuce.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,362 cals.	194 cals.	13.6	1.9
Protein	14.20 gms.	2.03 gms.	4.5 *	.6 *
Fat	78.11 ”	11.16 ”	—	—
Carbohydrate ..	150.61 ”	21.51 ”	—	—
Calcium	.173 ”	.024 ”	.9	.1
Iron	.0059 ”	.0007 ”	12.3	1.5
Vitamin A	2,123 I.U.	303 I.U.	13.3	1.9
Vitamin B_1	.76 mgs.	.10 mgs.	11.9	1.6
Vitamin C	133 ”	19 ”	55.6	7.9
Riboflavin	.57 ”	.07 ”	5.3	.6
Niacin	4.3 ”	.6 ”	6.0	.8

* See Key to Abbreviations and Symbols, page xi.

FRUIT SALAD III.

(7 servings)

Chico	2 c.	425 gms. (e.p.)	8 small or 6 med. size, peeled and cut into cubes
Papaya	2 c.	400 ”	cubes
Lacatan	2 c.	350 ”	sliced crosswise
Kalamansi jucie	¼ c.	45 ”	
Sugar	½ c.	105 ”	
Fruit salad dressing No. I	½ c.		

Mix the above ingredients in a bowl and chill in the refrigerator. Serve cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,413 cals.	202 cals.	14.1	2.0
Protein	11.07gms.	1.58 gms.	3.4 *	0.5 *
Fat	11.65 "	1.66 "	—	—
Carbohydrate	315.88 "	45.13 "	—	—
Calcium	0.2942 "	.0420 "	10.5	1.5
Iron	.0265 "	.0038 "	53	7.6
Vitamin A	13,480 I.U.	1,926 I.U.	84.3	12.0
Vitamin B_1	0.48 mgs.	0.07 mgs.	7.5	1.1
Vitamin C	290 " †	41 " †	120.8	17.3
Riboflavin	0.27 "	0.04 "	2.5	0.4
Niacin	4.38 "	0.63 "	6.1	0.9

* † See Key to Abbreviations and Symbols, page xi.

GREEN MANGO SALAD
(5 servings)

Green mango	1 c.	150 gms.	sliced
Tomatoes	2 c.	400 "	cubes
Onions (small variety violet color)	½ c.	50 "	sliced
Alamang	1½ T.	20 "	boiled

Mix all the above ingredients in a bowl. Serve with fried fish.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	180 cals.	36 cals.	1.8	0.4
Protein	8.39 gms.	1.67 gms.	2.6 *	0.5 *
Fat	1.53 "	0.30 "	—	—
Carbohydrate	33.23 "	6.64 "	—	—
Calcium	.2715 "	.0543 "	9.6	1.9
Iron	.0123 "	.0024 "	25	5
Vitamin A	2,318 I.U.	463 I.U.	14.4	2.9
Vitamin B_1	.44 mgs.	.08 mgs.	6.8	1.3
Vitamin C	233 " †	44 " †	92.9	18.5
Riboflavin	.13 "	.02 "	1.2	0.2
Niacin	2.21 "	0.44 "	3.1	0.6

* † See Key to Abbreviations and Symbols, page xi.

JELLIED FRUIT SALAD

(5 servings)

Fruit cocktail	1 c.	140 gms.
Gelatine	½ c.	72 "
Sugar	4 T.	60 "
Hot water	2½ c.	
Kalamansi juice	2 T.	

Dissolve the gelatine and sugar in hot water. Cool and add the fruit cocktail and *kalamansi* juice. Place in moulds and chill.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	636 cals.	127 cals.	6.4	1.3
Protein	65.50 gms.	13.10 gms.	20.5 *	4.1 *
Fat	—	—	—	—
Carbohydrate ..	93.60 "	18.72 "	—	—
Calcium	.0130 "	.0021 "	0.5	0.1
Iron	.0005 "	.0001 "	1.2	0.2
Vitamin A	324 I.U.	65 I.U.	2.0	.4
Vitamin B_1	.01 mgs.	—	—	—
Vitamin C	2.8 "	0.50 mgs.	1.0	0.2
Riboflavin	.014 "	.003 "	.1	—
Niacin	.56 "	.11 "	.8	.1

* See Key to Abbreviations and Symbols, page xi.

JULIENNE SALAD

(6 servings)

Green pepper	2 c.	100 gms.	sliced
Carrots	1 c.	125 "	boiled and cut into cubes
Chayote	1 c.	125 "	boiled and cut into cubes
Eggs	3 (sm. sz.)	160 "	boiled
Peas	½ c.	100 "	boiled or canned
Tomatoes	1 med.	110 "	sliced
Onions	1 med.	96 "	sliced
French dressing	½ c.	100 "	

Salt and pepper to taste.

Mix all the above ingredients except the eggs and the tomatoes in a bowl. Season with salt and pepper. Add the French dressing. Place on a platter and garnish top with slices of boiled eggs and tomatoes.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	839 cals.	139 cals.	8.4	1.4
Protein	28.43 gms.	4.73 gms.	8.8 *	1.4 *
Fat	55.54 "	9.25 "	—	—
Carbohydrate	56.21 "	9.36 "	—	—
Calcium	.1819 "	.0303 "	6.4	1.0
Iron	.00557 "	.00093 "	11.8	1.9
Vitamin A	19,724 I.U.	3,287 I.U.	123	20
Vitamin B_1	.468 mgs.	.078 mgs.	7.3	1.2
Vitamin C	156 "	26 "	65	10
Riboflavin	1.279 "	.213 "	11.8	1.9
Niacin	2.44 "	.40 "	3.4	0.5

* See Key to Abbreviations and Symbols, page xi.

KAMIAS SHRIMP SALAD

(5 servings)

Shrimps (small, fresh water shrimps)	2 c.	320 gms.	(with shells)
Coconut milk (thick)	1 c.	212 "	
Vinegar	¼ c.		
Garlic	1 T.	10 "	ground
Kamias	1 c.	150 "	sliced crosswise
Onions	½ c.	48 "	sliced
Tomatoes	1 c.	200 "	cubes

Salt and pepper to taste.

Place the shrimps in a saucepan; add the vinegar and coconut milk. Season with salt and pepper. Cover and cook for 15 minutes or until the mixture becomes oily. Remove from fire and cool.

Chop the *kamias*, onion, and shrimps heads all together. Place in a bowl and add the tomatoes. Season with salt and pepper and mix thoroughly. Serve with fried fish and rice.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	977 cals.	194 cals.	9.8	1.9
Protein	26.34 gms.	5.26 gms.	10.9	2.2
Fat	77.18 "	15.43 "	—	—
Carbohydrate	42.51 "	8.50 "	—	—
Calcium	.188 "	.037 "	6.7	1.5
Iron	.00545 "	.00109 "	11.3	2.2
Vitamin A	2,345 I.U.	469 I.U.	14.6	2.9
Vitamin B_1	.16 mgs.	.03 mgs.	2.5	.5
Vitamin C	4 "	—	—	—
Riboflavin	.150 "	.030 "	1.4	.3
Niacin	12.35 "	2.47 "	17.0	3.4

KATMON SHRIMP SALAD

(5 servings)

Shrimps	1 c.	200 gms.	Boiled, shelled & sliced
Katmon	1 c.	160 "	Sliced
Tomatoes	2	200 "	Cut to cubes; leave a few slices for garnishings
Salted eggs	2	130 "	Chopped. Leave 2 or 3 slices for garnishings.

Mix the *katmon,* chopped tomatoes, salted eggs and shrimps in a bowl. Garnish with slices of tomatoes and salted eggs.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	554 cals.	111 cals.	5.5	1.1
Protein	61.89 gms.	12.38 gms.	25.7	5.1
Fat	22.47 "	4.49 "	—	—
Carbohydrate	26.14 "	5.22 "	—	—
Calcium	.2344 "	.0468 "	8.3	1.2
Iron	.0120 "	.0024 "	24	5
Vitamin A	3,414 I.U.	683 I.U.	21.3	4.2
Vitamin B_1	.28 mgs.	.05 mgs.	4.3	0.8
Vitamin C	28 "	5 "	11.6	2.3
Riboflavin	.12 "	.02 "	1.1	0.2
Niacin	4.86 "	.97 "	6.7	1.3

MUSTASA BURO WITH TOMATOES

(6 servings)

Mustasa buro	2 c.	400 gms.	sliced
Tomatoes	1 c.	200 "	cubes
Onions	½ c.	50 "	sliced

Salt and pepper to taste.

Mix the above ingredients in a bowl. Serve with fried fish or meat.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	175 cals.	29 cals.	1.8	0.3
Protein	11.02 gms.	1.83 gms.	3.4 *	0.6 *
Fat	1.85 "	0.31 "	—	—
Carbohydrate ..	28.67 "	4.77 "	—	—
Calcium	.0345 "	.0057 "	1.3	0.2
Iron	.0169 "	.0028 "	34	5
Vitamin A	26,899 I.U.	4,316 I.U.	167	27
Vitamin B_1	.57 mgs.	.09 mgs.	8.9	1.4
Vitamin C	56 † "	9 " †	23.3	3.8
Riboflavin	.87 "	.14 "	8	1.3
Niacin	4.35 "	0.72 "	6	1

* † See Key to Abbreviations and Symbols, page xi.

PAPAYA-CABBAGE SALAD

(8 servings)

Cabbage	4 c.	300 gms.	shredded
Papaya (*manibalang*)	3 c.	300 "	grated
Green pepper	¼ c.	30 "	sliced
Sugar	½ c.	105 "	
Vinegar	⅓ c.		
Mayonnaise	½ c.		

Salt and pepper to taste.

Mix all the above ingredients. Season with salt and pepper. Place in the refrigerator to chill. Serve cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	674 cals.	84 cals.	6.7	0.8
Protein	11.72 gms.	1.47 gms.	3.7 *	0.5 *
Fat	10.02 "	1.25 "	—	—
Carbohydrate	134.68 "	16.84 "	—	—
Calcium	.3216 "	.0402 "	11.5	1.4
Iron	.0099 "	.0012 "	19.8	2.5
Vitamin A	613 I.U.	77 I.U.	3.8	0.5
Vitamin B_1	0.36 mgs.	0.05 mgs.	5.6	0.7
Vitamin C	150 " †	19 " †	62.5	7.8
Riboflavin	0.20 "	0.03 "	1.9	0.2
Niacin	1.20 "	0.15 "	1.7	0.2

* † See Key to Abbreviations and Symbols, page xi.

SALTED EGGS WITH TOMATOES

(4 servings)

Tomatoes	3 large	300 gms.	cut ½" cubes
Onions	1 med. sz.	100 "	sliced
Salted eggs	2	130 "	chopped
Vinegar	¼ c.		
Pepper to taste			

Mix the above ingredients in a bowl. Season with pepper. Serve with rice and *tuyo* or any fried fish.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	326 cals.	82 cals.	3.3	0.8
Protein	21.64 gms.	5.41 gms.	9.0	2.2
Fat	15.94 "	3.99 "	—	—
Carbohydrate	23.90 "	5.98 "	—	—
Calcium	.1630 "	.0408 "	5.8	1.5
Iron	.0111 "	.0028 "	22.2	5.6
Vitamin A	3,200 I.U.	800 I.U.	20.0	5.0
Vitamin B_1	0.60 mgs.	0.15 mgs.	9.4	2.4
Vitamin C	70 " †	18 " †	29.2	7.3
Riboflavin	0.55 "	0.14 "	5.1	1.3
Niacin	1.90 "	0.48 "	2.6	0.7

† See Key to Abbreviations and Symbols, page xi.

SINCAMAS PAPAYA SALAD
(7 servings)

Papaya (*manibalang*)	3 c.	300 gms.	grated
Sincamas	2 c.	400 "	grated
Green pepper	1 c.	150 "	sliced
Red pepper	½ c.	75 "	sliced
Vinegar	½ c.		
Sugar	¼ c.	50 "	

Salt and pepper to taste.

Mix all the above ingredients in a bowl, leaving 2 tablespoons each of the green and red pepper for garnishing. Place in the refrigerator. Serve cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	630 cals.	90 cals.	6.3	0.9
Protein	* 12.42 gms.	1.77 gms.	3.9 *	0.5 *
Fat	1.95 "	0.28 "	—	—
Carbohydrate ..	140.74 "	20.11 "	—	—
Calcium	.4392 "	.0627 "	15.7	2.2
Iron	.0115 "	.0016 "	23	3.3
Vitamin A	1,418 I.U.	203 I.U.	8.9	1.3
Vitamin B_1	0.49 mgs.	0.07 mgs.	7.7	1.1
Vitamin C	242 " †	35 " †	100.9	14.4
Riboflavin	0.17 "	0.02 "	1.6	0.2
Niacin	1.9 "	0.27 "	2.6	0.4

* † See Key to Abbreviations and Symbols, page xi.

TINAPA RADISH SALAD
(6 servings)

Tinapa, e.p.	½ c.	100 gms.	From 6 large ones or 9 small ones
Radish	2 c.	400 "	Sliced
Tomatoes	2 large	200 "	Cut to cubes
Vinegar	⅓ c.		
Green onions	¼ c.	20 "	Sliced

Salt and pepper to taste.

Mix the radish and vinegar in a bowl. Season with salt and pepper. When ready to serve, mix the *tinapa* and tomatoes. Garnish the top with green onions.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	350 cals.	58 cals.	3.5	0.6
Protein	41.73 gms.	6.96 gms.	17.3	2.8
Fat	10.23 ”	1.70 ”	—	—
Carbohydrate ..	22.82 ”	3.80 ”	—	—
Calcium	.2819 ”	.0469 ”	10	1.6
Iron	.0117 ”	.0019 ”	23.4	3.9
Vitamin A	1,044 I.U.	174 I.U.	6.5	1.1
Vitamin B_1	.17 mgs.	.03 mgs.	2.6	0.4
Vitamin C	120 ” †	20 ” †	50	8
Riboflavin	.47 ”	.08 ”	4.3	0.7
Niacin	4.60 ”	.76 ”	6.3	1

UBOD CHICKEN SALAD

(15 servings)

Boiled chicken	1⅔ c.	350 gms.	diced
Carrots (blanched) ..	½ c.	100 ”	shredded fine
Cabbage	2 c.	345 ”	shredded fine
Pineapple	2 c.	468 ”	diced
Ubod	1½ c.	354 ”	cut into strips
Pineapple juice	1 c.	226 ”	
Mayonnaise	1 c.	221 ”	

Parboil the *ubod* in pineapple juice to prevent discoloration. Drain, cool and place in a bowl. Add all the other ingredients leaving one third of the mayonnaise to top the salad. Season with salt and pepper. Place in the refrigerator to cool and serve cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,468 cals.	98 cals.	14.7	1.0
Protein	86.89 gms.	5.79 gms.	36.2	2.4
Fat	64.23 ”	4.28 ”	—	—
Carbohydrate ..	135.41 ”	9.03 ”	—	—
Calcium	.7869 ”	.0525 ”	28.9	1.9
Iron	.0444 ”	.0030 ”	88.8	5.9
Vitamin A	12,772 I.U.	851 I.U.	17.3	1.2
Vitamin B_1	1.30 mgs.	0.087 mgs.	20.3	1.4
Vitamin C	525 ” †	35 ” †	218	14
Riboflavin	1.08 ”	0.07 ”	10.0	0.7
Niacin	32.81 ”	2.19 ”	45.6	3.0

† See Key to Abbreviations and Symbols, page xi.

VEGETABLE SALAD I

(8 servings)

Potatoes	1 c.	114 gms.	Boiled and cut into cubes
Carrots	1 c.	200 "	Raw, shredded
Lettuce	3½ c.	440 "	Shredded
Tomatoes	1 large	100 "	Sliced
Eggs	5 med.	200 "	Boiled and sliced
Onions	1 med.	100 "	Sliced
French dressing	⅓ c.	39.7 "	

Salt and pepper to taste.

Place the potatoes, carrots, and lettuce in a bowl. Season with salt and pepper. Add the French dressing. Place in a salad bowl and garnish the top with slices of boiled eggs, tomatoes and onions.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	885 cals.	111 cals.	8.8	1.1
Protein	39.13 gms.	4.89 gms.	12.2 *	1.5 *
Fat	48.23 "	6.02 "	—	—
Carbohydrate ..	73.58 "	9.19 "	—	—
Calcium	.488 "	.061 "	17.3	2.2
Iron	.0135 "	.0017 "	28.1	3.5
Vitamin A	33,930 I.U.	4,241 I.U.	212	26
Vitamin B_1	.82 mgs.	.10 mgs.	12.6	1.5
Vitamin C	118 "	14 "	4.9	.6
Riboflavin	1.18 "	.14 "	10.9	1.3
Niacin	3.90 "	.48 "	5.3	.6

* See Key to Abbreviations and Symbols, page xi.

VEGETABLE SALAD II

(4 servings)

Cabbage	1¾ c.	142 gms.	shredded
Lettuce	⅔ c.	47 "	sliced
Carrots	⅓ c.	45 "	shredded
Tomatoes	1 med. sz.	100 "	sliced
Onions	1 sm. sz.	50 "	sliced
Eggs	2	80 "	boiled and sliced
Mayonnaise	4 T.	56 "	

Salt and pepper to taste.

In a bowl place the cabbage, carrots, lettuce, onions and mayonnaise dressing. Season with salt and pepper and garnish with slices of fresh tomatoes and boiled eggs.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	639 cals.	159 cals.	6.4	1.6
Protein	14.66 gms.	3.66 gms.	4.5 *	0.5 *
Fat	54.60 ”	13.65 ”	—	—
Carbohydrate ..	21.65 ”	5.40 ”	—	—
Calcium	.184 ”	.046 ”	4.2	1.0
Iron	.00471 ”	.00118 ”	9.8	2.4
Vitamin A	8,232 I.U.	2,058 I.U.	51.4	10.3
Vitamin B_1	.261 mgs.	.056 mgs.	4	1
Vitamin C	114 ”	18 ”	47.4	11.6
Riboflavin	.460 ”	.115 ”	4.2	1.0
Niacin	1.52 ”	.38 ”	2.1	.5

* See Key to Abbreviations and Symbols, page xi.

VEGETABLE SALAD III

(5 servings)

Potatoes	1 c.	114 gms.	Boiled and cut to ½″ cubes
Carrots	1½ c.	200 ”	Boiled; ½″ cubes
Lettuce	3½ c.	220 ”	Diced
Tomatoes	1 large	100 ”	Sliced
Eggs	5 small or 3 large	210 ”	Boiled and sliced
Onions	1 large	100 ”	Sliced
Mayonnaise	½ c.	80 ”	
Vinegar	⅓ c.		

Salt and pepper to taste.

Marinate the potatoes, carrots and one half of the lettuce in vinegar, salt and pepper. Add one half of the mayonnaise and mix. Prepare a bed of lettuce with the remaining half of the leaves. Place the potato-mixture and top it with the rest of the mayonnaise. Garnish top with sliced tomatoes, onions and boiled eggs.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	735 cals.	147 cals.	7.4	1.5
Protein	39.62 gms.	7.92 gms.	12.4 *	2.5 *
Fat	32.94 "	6.59 "	—	—
Carbohydrate ..	70.14 "	14.03 "	—	—
Calcium	.3563 "	.0713 "	12.7	2.5
Iron	.0185 "	.0037 "	37	7.4
Vitamin A	20,000 I.U.	4,000 I.U.	125	25
Vitamin B_1	0.83 mgs.	0.17 mgs.	13.0	2.6
Vitamin C	69 † "	14 † "	28.8	5.8
Riboflavin	1.11 "	0.22 "	10.3	2.1
Niacin	2.78 "	0.56 "	3.9	0.8

VEGETABLE–FRUIT SALAD

(10 servings)

Pineapple	6 slices	600 gms.	Cut 4 slices to pieces. Leave 2 slices for garnishings
Cabbage	4 c.	300 "	Shredded
Carrots[a]	2 c.	200 "	Grated
Mayonnaise	½ c.	80 "	
Peanuts	¼ c.	60 "	Chopped

Mix the cabbage, pineapple, carrots and mayonnaise in a bowl. Season with salt. Place in a salad bowl and garnish with 2 slices of pineapple and chopped peanuts. Serve cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	992 cals.	99 cals.	9.9	1.0
Protein	34.05 gms.	3.41 gms.	10.6 *	1.1 *
Fat	39.31 "	3.93 "	—	—
Carbohydrate ..	125.49 "	12.55 "	—	—
Calcium	.3713 "	.0371 "	13.3	1.3
Iron	0.0246 "	.0025 "	49.2	4.9
Vitamin A	24,445 I.U.	2,445 I.U.	152.8	15.3
Vitamin B_1	1.40 mgs.	0.14 mgs.	21.9	2.2
Vitamin C	249 " †	2.5 " †	103.8	10.4
Riboflavin	0.50 "	0.05 "	4.6	0.5
Niacin	11.01 "	1.10 "	15.3	1.5

[a] Papaya *manibalang* may be used instead of carrots.

* † See Key to Abbreviations and Symbols, page xi.

ARROZ A LA CUBANA
(6 servings)

Pork	1½ c.	300 gms.	ground
Beef	1 c.	200 ”	ground
Raisins	½ c.	60 ”	
Garlic	1 T.	10 ”	pounded
Onions	½ c.	48 ”	sliced
Tomatoes	½ c.	100 ”	chopped
Eggs	6	240 ”	poached
Saba	6 sm.	315 ”	Cut into halves and pan fried in 2½ T. lard
Lard	3 T.	33 ”	

Salt and pepper to taste

Sauté the garlic in ½ T. of lard until light brown. Add the onions and the tomatoes. Cover and cook for 5 to 8 minutes. Add the pork and beef. Season with salt and pepper. Cover and cook for 15 minutes. Add the raisins 2 minutes before removing from the fire. Place on a platter and garnish top with poached eggs and fried *saba*.

Note: Eggs may be fried, but poached eggs are recommended because this recipe has too much fat.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	3,130 cals.	521 cals.	31.3	5.2
Protein	105.29 gms.	17.55 gms.	43.8	7.3
Fat	254.70 ”	42.45 ”	—	—
Carbohydrate	104.19 ”	17.36 ”	—	—
Calcium	.226 ”	.037 ”	8.1	1.7
Iron	.01926 ”	.00321 ”	40.1	6.7
Vitamin A	3,866 I.U.	644 I.U.	24.1	4.0
Vitamin B_1	1.84 mgs.	0.30 ”	28.7	4.7
Vitamin C	23 ”†	4 ”†	9.6	1.7
Riboflavin	1.61 ”	.27 ”	15.0	2.5
Niacin	19.54 ”	3.25 ”	27.1	4.5

† See Key to Abbreviations and Symbols, page xi.

ARROZ KALDO

(10 servings)

Chicken	1 med. sz.	824 gms.	dressed weight
Rice	1 c.	190 "	(wash in several rinses of cold water and drain the water)
Lard	2 T.	11 "	
Garlic	½ T.	5 "	ground
Onions	1 c.	100 "	sliced
Green onions	⅓ c.	30 "	¼" long
Casubja	½ T.		toasted
Water	5 c.		

Patis and pepper to taste

Cut the chicken to desired pieces. Place in a pressure cooker with 1 cup of water. Season with *patis* and pepper. Cook for 15 minutes at 15 lbs. pressure.

Sauté the garlic in 2 T. of lard until light brown. Add the onions and the rice. Season with *patis* and pepper. Stir and cover for 3 minutes. Add the water. Boil for 5 minutes. Then add the boiled chicken and the *casubja*. Cover and boil for 10 minutes more. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,314 cals.	131 cals.	13.1	1.3
Protein	114.42 gms.	11.44 gms.	47.6	4.8
Fat	23.26 "	2.33 "	—	—
Carbohydrate ..	161.89 "	16.18 "	—	—
Calcium	.0720 "	.0072 "	2.6	0.3
Iron	.01055 "	.00106 "	21.9	2.2
Vitamin A	—	—	—	—
Vitamin B_1	.49 mgs.	.05 mgs.	7.7	0.8
Vitamin C	—	—	—	—
Riboflavin	.81 "	.08 "	.8	.1
Niacin	38.7 "	3.87 "	53.8	5.4

ARROZ A LA PAELLA
(13 servings)

Shrimps	1 c.	200 gms.	Shelled and cut lengthwise
Clam meat	2½ c.	400 "	(obtained from 2 kgs. clams boiled and removed from shells)
Crab meat	1 c.	200 "	boiled and flaked
Green pepper	2 med. sz.	140 "	cut to quarters
Red pepper	1 med. sz.	70 "	cut to quarters
Peas	⅘ c.	170 "	canned
Onions	½ c.	50 "	sliced
Eggs	3 med. sz.	210 "	boiled and sliced
Rice	1½ c.	300 "	raw weight
Achuete lard	¼ c.	50 "	
Chicken liver	1 c.	200 "	
Olives	½ c.	80 "	
Green onion	⅓ c.	30 "	sliced
Clam liquor	½ c.		
Salt and pepper to taste			

Boil the rice and set aside. In a skillet sauté the onions in *achuete* lard. Add the chicken liver, shrimps, green and red pepper and the broth. Season with salt and pepper. Cover and cook for 8 minutes. Add the clams, peas, boiled rice and olives. Stir and cook for 5 minutes. Place in a large platter or 2 medium size platters. Garnish top with crab meat, slices of boiled eggs and green onions. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	3,428 cals.	264 cals.	34.3	2.6
Protein	219.71gms.	16.90 gms.	91.5	7.0
Fat	136.93 "	10.53 "	—	—
Carbohydrate ..	329.82 "	25.37 "	—	—
Calcium	1.5045 "	.1157 "	53.7	4.1
Iron	.0674 "	.0052 "	134.8	10.4
Vitamin A	51,845 I.U.	3,988 I.U.	324	24.9
Vitamin B_1	2.06 mgs.	0.16 mgs.	32.2	2.5
Vitamin C	190 "†	15 "†	79.2	6.1
Riboflavin	7.55 "	0.58 "	69.9	5.4
Niacin	54.23 "	4.17 "	75.3	5.8

† See Key to Abbreviations and Symbols, page xi.

ARROZ A LA VALENCIANA (PORK)

(12 servings)

Pork	12 slices	500 gms.	
Rice (raw)[a]	2 c.	380 "	When boiled, yields 5-6 cups
Lard	2 T.	33 "	
Achuete extract	1 T.		
Onions	1 c.	100 "	sliced
Tomatoes	¼ c.	50 "	chopped
Sausage	4 pieces	240 "	Cut to ½" th.
Peas	2⅓ c.	567 "	canned
Eggs	1 large	70 "	boiled
Pepper (sweet green and red)	2 med. sz.	100 "	cut into halves
Salt and pepper to taste			

Boil the rice and set aside. Sauté the onions in 2 T. of lard. Add the tomatoes and cook for 5 minutes. Then add the pork and sausage. Season with salt and pepper and cook for 5 minutes. Add 1 c. of hot broth to soften the pork. Cook for 30 minutes. If the meat is tough it may take more than half an hour in which case more broth should be added. When the meat is done and the liquid has almost evaporated add the green pepper and the peas. Cook for 5 minutes more. Add the boiled rice and 1 T. of *achuete* extract for coloring. Season with salt and pepper and stir continuously to prevent scorching. When done place on a platter and garnish with sliced boiled egg. Place green and red pepper on top.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	3,346 cals.	278 cals.	33.5	2.8
Protein	158.04 gms.	13.16 gms.	65.8	5.4
Fat	251.67 "	20.97 "	—	—
Carbohydrate	112.14 "	9.34 "	—	—
Calcium	.189 "	.029 "	6.7	.9
Iron	.02103 "	.00300 "	43.8	6.2
Vitamin A	5,648 I.U.	807 I.U.	35.3	5.0
Vitamin B_1	3.27 mgs.	.27 mgs.	51.1	4.2
Vitamin C	54 "	8 "	22.5	3.2
Riboflavin	1.688 "	.241 "	15.8	2.2
Niacin	27.1 "	3.9 "	37.6	5.3

[a] Use 1 part *malagkit* and 2 parts ordinary rice.

BIKO OR SINUKMANI

(10 servings)

Malagkit	1½ c.	300 gms.
Sugar	2 c.	420 "
Coconut milk		
Thick	1½ c.	318 "
Thin	2 c.	
Anise	⅛ T.	

Wash the *malagkit* in several rinses of cold water and drain. Place the coconut milk (thick and thin) and *anise* in a saucepan. Add the *malagkit* and cook just like you cook the ordinary rice for the table. When the liquid is almost evaporated, add the sugar and stir continuously until thick. When done place on banana leaves.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	3,753 cals.	375 cals.	37.5	3.8
Protein	33.69 gms.	3.37 gms.	10.5 *	1.10 *
Fat	112.3 "	11.23 "	—	—
Carbohydrate ..	651.77 "	65.18 "	—	—
Calcium	—	—	—	—
Iron	—	—	—	—
Vitamin A	—	—	—	—
Vitamin B_1	—	—	—	—
Vitamin C	—	—	—	—
Riboflavin	—	—	—	—
Niacin	—	—	—	—

* See Key to Abbreviations and Symbols, page xi.

BOBOTO

(10 Bobotos)

Rice		570 gms.	Roasted and ground
Malagkit	1 c.		
Ordinary rice	2 c.		
Broth	8-9 c.		
Lard	2 T.	22 "	
Garlic	1 T.	10 "	
Onions	⅔ c.	100 "	chopped
Vetsin	4 T.		
Alagao leaves	5 pcs.		(for flavoring slice 1" long)
Salt and pepper to taste			
Banana leaves for wrapping			

Roast the rice in a *carajay* until very light brown and pass thru a meal grinder. Set aside.

Sauté the garlic until light brown. Add the onions. Stir and then add the *alagao* leaves. Cover and cook for 3 minutes. Then add the broth. Bring to a boil. Add the *vetsin*. Season with salt and pepper and lastly add the roasted ground rice. Stir over a low flame to prevent scorching. Cook for around 10 minutes. Stir continuously. Remove from the fire and divide into 10 parts. Wrap each portion in wilted banana leaves and tie.

Place in a saucepan. Cover with water and boil for 20 minutes. When done serve hot or cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,252 cals.	225 cals.	22.5	2.3
Protein	45.09 gms.	4.51 gms.	14.1 *	1.4 *
Fat	23.95 "	2.39 "	—	—
Carbohydrate	464.00 "	46.40 "	—	—
Calcium	—	—	—	—
Iron	—	—	—	—
Vitamin A	—	—	—	—
Vitamin B_1	—	—	—	—
Vitamin C	—	—	—	—
Riboflavin	—	—	—	—
Niacin	—	—	—	—

* See Key to Abbreviations and Symbols, page xi.

CHAMPORADO
(5 servings)

Malagkit	1 c.	200 gms.	
Milk	1 c.	227 "	evaporated
Sugar	1 c.	210 "	
Cocoa	2 T. (full)	50 "	
Water	5 c.		
Vitaminized rice	1 t.		

Wash the *malagkit* in three rinses of cold water and drain. Add 4½ cups of water and vitaminized rice. Cover and boil for 8 minutes. Stir once in a while to prevent scorching. Mix the cocoa with ½ cup of water and pass thru a sieve. Add the cocoa mixture and cook for another 7 minutes stirring it constantly. Add the sugar and the milk. Stir for 2 minutes and remove from the fire. Yields 5¾ cups of *champorado.*

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,080 cals.	416 cals.	20.8	4.2
Protein	32.84 gms.	6.56 gms.	10.2 *	2.0 *
Fat	31.53 "	6.30 "	—	—
Carbohydrate ..	416.19 "	83.23 "	—	—
Calcium	.6250 "	.1250 "	22.3	4.4
Iron	.0105 "	.0021 "	21	4
Vitamin A	925 I.U.	185 I.U.	5.7	1.1
Vitamin B_1	0.51 mgs.	0.10 mgs.	7.9	1.6
Vitamin C	0 "	0 "	0	0
Riboflavin	1.04 "	.51 "	9.5	1.9
Niacin	3.6 "	0.7 "	5	1

* See Key to Abbreviations and Symbols, page xi.

CHICKEN ARROZ A LA VALENCIANA

(10 servings)

Rice	2 c.	400 gms.	raw wght.	(Boiled or steamed) gives 6 c. to 7 c.)
Chicken	1 med.	450 " 790 "	E.P. with bones	(Cut to desired pieces)
Pimiento	2 pcs.	70 "		
Garlic	1 T.	10 "		Pounded
Onions	½ c.	48 "		Sliced
Lard	⅓ c.	55 "		
Achuete	2 T.			For coloring
Peas (canned)	½ c.	100 "		
Ham	10 pcs.	250 "		
Eggs	2	80 "		(Boiled and cut into quarters for garnishing)
Coconut milk (thick) .	1 c.	212 "		
Green onions	¼ c.			For garnishing
Salt and pepper to taste				

Combine the *achuete* and lard in a pan. Heat for about 3 minutes over a low flame to extract the coloring. Remove the *achuete*. Sauté the garlic. Add the onions and the chicken. Then add the coconut milk. Season with salt and pepper and cover. Cook for about 30 minutes. Add the ham, boiled rice, peas and *pimiento*. More salt and pepper may be added if necessary. Stir to prevent scorching. Cover it once in a while. When done remove from the fire and arrange on a platter.

Garnish top with green onions and sliced boiled eggs.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	3,784 cals.	378 cals.	37.8	3.8
Protein	186.42 gms.	18.64 gms.	77.6	7.8
Fat	195.28 "	19.53 "	—	—
Carbohydrate	320.06 "	32.01 "	—	—
Calcium	.1557 "	.0156 "	5.6	.6
Iron	.01775 "	.00178 "	36.9	3.7
Vitamin A	7,012 I.U.	701 I.U.	43.2	4.3
Vitamin B_1	3.10 mgs.	.31 mgs.	47.2	4.7
Vitamin C	—	—	—	—
Riboflavin	1.624 "	.162 "	15.0	1.5
Niacin	50.01 "	5.00 "	68.1	6.8

ESPASOL

(30 servings)

Malagkit	1 c.	200 gms.	
Rice flour	4 c.	460 "	Toast in oven until very light tan.
Sugar	2 c.	315 "	
Gumaan	1½ c.	260 "	Grated
Coconut milk	1 c.	212 "	thick
Anise seeds			

Boil the *malagkit*. Meanwhile place the sugar, *anise* seeds and coconut milk in a saucepan. Cook until thick (30 minutes) over a low flame. Add the *gumaan* and cook for five minutes. Then add the boiled *malagkit*. Stir and cook until it thickens.

Remove from the fire and place in a bowl. Add 3 cups of the toasted rice flour. Mix well with a wooden spoon and pound in a *luzong* or pass thru a meat grinder. Divide into two parts and roll each portion to about 1 foot long with a diameter of about 2½″ using the rest of the toasted rice flour for rolling. Yields 30 pieces. (½″ thick and 2½″ in diameter).

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	4,513 cals.	150 cals.	45.1	1.5
Protein	70.91 gms.	2.36 gms.	22.1 *	0.7 *
Fat	106.29 ″	3.54 ″	—	—
Carbohydrate ..	818.14 ″	27.20 ″	—	—
Calcium	.1235 mgs.	.0041 mgs.	4.3	0.1
Iron	.0144 gms.	.0005 gms.	28.8	0.9
Vitamin A	0	0	0	0
Vitamin B_1	1.11 mgs.	.03 mgs.	17.3	0.6
Vitamin C	4 ″	.1333 ″	1.6	.053
Riboflavin	.20 ″	.0066 ″	1.8	.06
Niacin	9.17 ″	0.30 ″	12.7	0.4

* See Key to Abbreviations and Symbols, page xi.

GUINATANG TOTONG
(10 servings)

Malagkit	1 c.	200 gms.
Mongo	⅓ c.	25 ″
Coconut milk:		
Thick	1 c.	212 ″
Thin	5 c.	
Sugar	1 c.	210 ″

Parch the mongo. Rub off the husks and winnow. Mix the toasted mongo and the rice; wash well and cook in thin coconut milk until done. Remove from the fire. Stir in the thick coconut milk and sugar. Serve hot or cold. Yields 10 cups.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,326 cals.	23 cals.	23.7	2.4
Protein	26.94 gms.	2.69 gms.	8.4 *	0.8 *
Fat	75.17 "	7.51 "	—	—
Carbohydrate	385.54 "	38.55 "	—	—
Calcium	.1089 "	.0108 "	3.8	0.4
Iron	.0068 "	.0007 "	13.6	1.4
Vitamin A	21 I.U.	2.1 I.U.	—	—
Vitamin B_1	.55 mgs.	.06 mgs.	8.5	0.9
Vitamin C	3 "	.3 "	1.2	0.1
Riboflavin	.12 "	.01 "	1.1	0.1
Niacin	1.08 "	0.11 "	1.4	0.1

* See Key to Abbreviations and Symbols, page xi.

MAJA BLANKA

(16 servings @ ¼ plate)

Rice flour	1½ c.	180 gms.	*wagwag* or *elon-elon*
Sugar	1½ c.	315 "	
Coconut milk:			
(Thick)	¾ c.	160 "	Extracted from 1 large or 2 small coconuts
(Thin)	3¼ c.		
Anise seeds	3-4 pcs.		
Toasted coconut meat	½ c.	70 "	

Mix the rice flour, sugar, *anise* seeds and the coconut milk in a saucepan. Stir until blended and cook over a moderate flame, stirring constantly to prevent scorching. (5-8 minutes boiling). When done pour in a baking pan or in individual plates. Allow to cool. Yields 4 plates or 16 squares 2″ l. x 1½″ w. x 1″ thick.

SPECIFIC NUTRIENTS	FOOD VALUES IN: *			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,436 cals.	152 cals.	24.4	1.5
Protein	22.64 gms.	1.41 gms.	7.0 *	0.4 *
Fat	55.64 "	3.47 "	—	—
Carbohydrate	461.19 "	28.82 "	—	—
Calcium	.01724 "	.0011 "	0.6	0.04
Iron	.0039 "	.0002 "	7.8	0.4
Vitamin A	11 I.U.	—	—	—
Vitamin B_1	0.46 mgs.	0.02 mgs.	7.2	0.4
Vitamin C	3 "	—	1.2	—
Riboflavin	0.19 "	0.01 "	1.7	0.1
Niacin	3.12 "	0.19 "	4.3	0.2

PALITAO OR DILA-DILA (8 servings @ 3 pcs.)

Malagkit flour	3 c.	345 gms.	
Coconut	2 c.	150 "	grated
Sugar	1 c.	210 "	
Water	1 c.		

Mix the *malagkit* flour and water in a bowl. When thoroughly blended form into balls using about a tablespoonful of the mixture. Shape each ball into flat oblong shapes and drop into the boiling water. When they float they are done. Remove from the boiling water and drain.

Mix the sugar and the coconut in a bowl, and roll the *palitao* in it. Arrange on a platter and serve with tea or coffee.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,551 cals.	318 cals.	25.5	3.2
Protein	30.68 gms.	3.83 gms.	9.58 *	1.2 *
Fat	48.78 "	6.09 "	—	—
Carbohydrate	497.42 "	62.17 "	—	—
Calcium	.0388 mgs.	.0048 mgs.	1.3	.2
Iron	.0100 "	.0013 "	20	2.5
Vitamin A	10 I.U.	1 I.U.	—	—
Vitamin B_1	.84 mgs.	.11 mgs.	13.1	1.6
Vitamin C	3 "	—	.1	0
Riboflavin	.2 "	.02 "	1.8	.2
Niacin	4.02 "	0.50 "	5.5	0.7

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[a] The food values of 70 gms. of toasted coconut are not included in the above computation.

* See Key to Abbreviations and Symbols, page xi.

PINIPIG GULAMAN

(8 servings)

Gulaman	½ bundle	12 gms.	
Milk (evaporated)	1½ c.	340 "	scalded
Pinipig	2 c.	100 "	toasted
Vanilla	2 t.		
Sugar	1 c.	210 "	
Egg	1	70 "	large
Water	1½ c.		

Boil the water. Meanwhile soak the *gulaman* in cold water. When the water boils drop the *gulaman* and cook until it is dissolved. It takes about 2 minutes to dissolve the *gulaman*. Add the sugar. Remove from the fire and add the milk. Set aside.

Beat the eggyolk until light and creamy. Add the *gulaman-milk* mixture little by little while you continue beating it with an eggbeater. Lastly add the well beaten eggwhites. Flavor with vanilla and add the *pinipig*. When it is beginning to thicken turn into a mold and allow to set until firm. Place in a refrigerator. Serve cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,800 cals.	225 cals.	18	2.3
Protein	36.11 gms.	4.51 gms.	15	1.8
Fat	36.98 "	4.62 "	—	—
Carbohydrate	330.66 "	41.33 "	—	—
Calcium	.8631 mgs.	.1078 mgs.	30.8	3.8
Iron	.0041 "	.0005 "	8.2	1.0
Vitamin A	2,060 I.U.	257 I.U.	12.9	1.6
Vitamin B_1	.53 mgs.	.07 mgs.	8.2	1.0
Vitamin C	0	0	0	0
Riboflavin	1.50 "	0.18 "	13.8	1.7
Niacin	4.71 "	.6 "	6.5	.8

CUCHINTA

(50 *cuchinta*—small size)

Rice	2 c.	400 gms.	(*wagwag* variety is the best)
Sugar	4 c.	840 "	
Water	6 c.		
Anise for flavoring			
Lye	1 T.		

Wash the rice and soak in water overnight. In the morning drain the water and grind thru a stone grinder using 6 cups of water. If the meal grinder is used, the water may be added after the rice is ground. Place in a bowl and add the sugar and the *anise*. Lye may or may not be added. The lye gives a characteristic tenacious texture and color. The method should not be encouraged because it affects vitamin B_1 if the rice is vitaminized or if it is whole grain.

Stir the mixture and place 3 T. of it in round cups and steam. It takes 5 to 8 minutes steaming. Serve with grated coconut.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One *cuchinta*	Whole Recipe	One *cuchinta*
Calories	4,683 cals.	94 cals.	46.83	.94
Protein	30.40 gms.	0.61 gms.	9.50 *	.19 *
Fat	1.20 "	0.02 "	—	—
Carbohydrate ..	1,137.60 "	22.73 "	—	—
Calcium	—	—	—	—
Iron	—	—	—	—
Vitamin A	—	—	—	—
Vitamin B_1	—	—	—	—
Vitamin C	—	—	—	—
Riboflavin	—	—	—	—
Niacin	—	—	—	—

* See Key to Abbreviations and Symbols, page xi.

RICE COOKIES

(13 servings; 4 cookies each)

Butter	½ c.	100 gms.
Sugar	1 c.	210 "
Rice flour	1 c.	200 "
Baking powder	2 t.	
Eggs	2 large	140 "
Dayap rind		
Milk	1 T.	10 "
Kalamansi juice	1 t.	

Cream the butter and sugar until light and creamy. Add the well-beaten eggs, milk, *kalamansi* juice and the sifted dry ingredients. Drop by teaspoons on greased cookie pans and bake in a moderate oven 350°F. for 14 minutes. Yields 52 cookies.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,545 cals.	195 cals.	25.5	2.5
Protein	38.68 gms.	2.97 gms.	12.0 *	0.9 *
Fat	107.89 "	8.29 "	—	—
Carbohydrate	355.89 "	27.29 "	—	—
Calcium	.1299 mgs.	.0099 mgs.	4.6	0.4
Iron	.00594 "	.0007 "	11.8	.9
Vitamin A	4,440 I.U.	338 I.U.	21.5	1.7
Vitamin B_1	.44 mgs.	.03 mgs.	6.8	0.5
Vitamin C	0	0	0	0
Riboflavin	.57 "	.04 "	5.3	0.4
Niacin	2.97 "	0.22 "	4.0	0.3

* See Key to Abbreviations and Symbols, page xi.

TAMALES

(10 tamales)

Rice:			
Malagkit	1 c.	500 gms.	(toasted and ground)
Ordinary	2 c.		
Chicken	1 med. sz.	790 "	(a.p.) dress the chicken and cut to 10 pieces
Laguna cheese	10 pieces	200 "	1" x 1" x ½" thick
Pork	1 slice	500 "	Boiled and cut to quarters
Garlic	1 T.	10 "	pounded
Onions	⅔ c.	100 "	chopped
Peanut:			
Whole	½ c.	65 "	toasted
Ground	½ c.	75 "	toasted and ground
Broth	10-12 c.		
Vetsin	4 T.		
Salt and pepper to taste			
Banana leaves for wrapping			Pass over low flame and wipe with dry cloth.
Achuete for coloring	½ c.		

If one has an oven the rice may be passed first thru a meal grinder and toasted in the broiler, stirring every one or two minutes to prevent burning. If there is no oven a *carajay* may be used for toasting the whole grain of rice. Stir it continuously over a low flame. When the rice is light brown pass it thru a meal grinder and set aside.

Sauté the garlic in 2 T. of lard until light brown. Add the onions; stir and then add the pork and chicken. Season with *vetsin*, salt and pepper. Add 2 cups of broth. Cover and cook until the meat is soft. It takes about 40 minutes. If a pressure cooker is used, 15 minutes at 15 lbs. pressure is sufficient to soften the meat. In this case ½ c. of broth is used instead of 2 cups.

When the meat is done add the ground and whole peanuts and the rest of the broth. Bring to a boil and add the toasted ground rice and the *achuete* lard. Stir continuously for about 10 minutes. Remove from the fire. Divide into 10 parts and wrap each part in banana leaves placing on top 2 quarters of boiled eggs and one slice of Laguna cheese. Tie and place in a saucepan. Cover with enough water and boil for 20 minutes. Serve hot or cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	One Serving	Whole Recipe
Calories	6,928 cals.	693 cals.	69.3	6.9
Protein	335.05 gms.	33.51 gms.	139.6	13.9
Fat	413.33 "	41.33 "	—	—
Carbohydrate ..	507.04 "	50.71 "	—	—
Calcium	.5146 "	.0515 "	18.4	1.8
Iron	.02901 "	.00290 "	60.4	6.0
Vitamin A	2,390 I.U.	239 I.U.	14.9	1.5
Vitamin B_1	3.22 mgs.	0.32 mgs.	50.3	5.0
Vitamin C	—	—	—	—
Riboflavin	2.96 "	.29 "	27.4	2.7
Niacin	77.80 "	7.78 "	108.1	10.8

BIJON GUISADO

(6 servings)

Bijon	2 bundles	200 gms.	3 c. dry *bijon* 1" long or 3 c. soaked in hot water for 5 min.
Lard	2 T.	22 "	
Pork	1 c.	200 "	cubes
Shrimps	⅓ c.	75 "	
Patola (A.P.)	1 med. sz.	220 "	
Onions	1 med. sz.	100 "	sliced
Garlic	1 T.	10 "	pounded
Kinchay	1 T.	10 "	

Eggs	1 whole	40 "	boiled and sliced
Green onions	2 T.	10 "	¼" long
Shrimp juice	1½ c.		
Toyo and pepper to flavor			

Soak the *bijon* in hot water for 5 minutes. Peel the *patola* and slice crosswise ¼" thick and set both aside.

Sauté the garlic until light brown. Add the onions, pork, shrimps and shrimp juice. Season with *toyo* and cover. Cook for 15 minutes. Add the *patola* and *kinchay.* Stir and cook for another 5 minutes. Add the *bijon* and stir. More *toyo* and pepper may be added. Stir to prevent scorching. Cook until done. Place on a platter and garnish top with boiled eggs and green onions. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,688 cals.	281 cals.	16.9	2.8
Protein	62.25 gms.	10.37 gms.	25.9	4.3
Fat	79.77 "	13.29 "	—	—
Carbohydrate	180.16 "	30.02 "	—	—
Calcium	.128 "	.021 "	4.6	.8
Iron	.00717 "	.00119 "	14.9	2.5
Vitamin A	1,003 I.U.	167 I.U.	6.4	1.0
Vitamin B_1	0.74 mgs.	0.12 mgs.	11.5	1.9
Vitamin C	9 "	1 "	3.7	.6
Riboflavin	.57 "	.09 "	5.3	.8
Niacin	7.08 "	1.13 "	9.8	1.6

BOILED MONGO

Mongo	1 c.	190 gms.
Water	3 c.	

Place the beans in a saucepan. Add the water and cover. Boil for about 40 minutes over a moderate flame. Yields 3 cups of boiled mongo.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	1 cup mongo	Whole Recipe	1 cup mongo
Calories	669 cals.	223 cals.	6.69	2.23
Protein	43.56 gms.	14.52 gms.	13.61 *	4.54 *
Fat	2.66 "	.88 "	—	—
Carbohydrate ..	114.71 "	39.23 "	—	—
Calcium	.152 "	.050 "	5.42	1.78
Iron	.0148 "	.0039 "	30.83	8.12
Vitamin A	—	—	—	—
Vitamin B_1	1.58 mgs.	.52 mgs.	24.68	8.12
Vitamin C	—	—	—	—
Riboflavin	.44 "	.14 "	4.07	2.26
Niacin	4.18 "	1.39 "	5.80	1.93

* See Key to Abbreviations and Symbols, page xi.

EGG GUISADO (5 servings)

Eggs *	4 large or 5 med. sz.	260 gms.	
Tomatoes	½ c.	100 "	chopped
Onions	½ c.	50 "	sliced
Garlic	½ T.	5 "	pounded
Lard	1 T.	11 "	

Salt and pepper to taste

* Duck eggs may be used instead of chicken eggs. 3 duck eggs will be sufficient. ⅓ c. of water or milk may be added during the process of beating the eggs.

Follow directions for *guisado* in sautéing the garlic, onions and tomatoes. Cover and cook for 5 minutes. Press the tomatoes and add the slightly beaten eggs. Stir continuously over a low flame to prevent scorching. When done serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	563 cals.	113 cals.	5.6	1.0
Protein	34.13 gms.	7.02 gms.	14.2	2.8
Fat	42.65 "	8.53 "	—	—
Carbohydrate ..	10.67 "	2.13 "	—	—
Calcium	.1619 "	.0323 "	.4	—
Iron	.0104 "	.0021 "	20.8	4.1
Vitamin A	3,142 I.U.	628 I.U.	19.3	3.8
Vitamin B_1	.48 mgs.	.09 mgs.	7.5	1.5
Vitamin C	15 "	3 "	3	.6
Riboflavin	.92 "	.18 "	8.5	1.7
Niacin	.90 "	.18 "	1.1	.2

MISUA WITH EGGS

(5 servings)

Lard	1 T.	11 gms.	
Garlic	½ T.	5 "	
Onions	½ c.	50 "	sliced
Shrimp meat	½ c.	100 "	
Pork	½ c.	100 "	cubes
Patola	1 c.	30 "	cut crosswise
Misua	¼ c.	25 "	
Eggs	5 sm. sz.	200 "	
Patis	2 T.		
Water	4 c.		

Pepper to taste.

Sauté the garlic in lard until light brown. Add the onions. Stir, and add the shrimp and pork. Season with *patis* and cover for 2 minutes. Add the water and the *patola*. Cover and cook for 10 minutes or more to soften the meat. Break the raw eggs one at a time and drop them one by one into the boiling broth. Cover for 5 minutes. Add the *misua* and stir. Cook for another 5 minutes. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,057 cals.	211 cals.	10.6	2.1
Protein	57.07 gms.	11.41 gms.	23.8	4.7
Fat	80.49 "	16.09 "	4.7	0.9
Carbohydrate	26.10 "	5.22 "	—	—
Calcium	.131 "	.026 "	4.7	.9
Iron	.0094 "	.0018 "	19.6	3.0
Vitamin A	2,365 I.U.	473 I.U.	14.8	3.0
Vitamin B_1	1.01 mgs.	.50 mgs.	15.8	3.1
Vitamin C	4 "	—	1.7	0.3
Riboflavin	.19 "	.03 "	1.8	.3
Niacin	5.3 "	1.1 "	7.4	1.5

MONGO GUISADO

(6 servings)

Mongo beans	1 c.	190 gms.	
Lard	2 T.	22 "	
Garlic	½ T.	5 "	pounded
Onions	½ c.	50 "	sliced

Tomatoes	½ c.	100 "	chopped
Shrimps	½ c.	100 "	
Shrimp juice	½ c.		
Pork	½ c.	100 "	cubes
Bagoong	2 T.	30 "	
Water	3 c.		
Pepper to season.			

Place *mongo* beans and water in a saucepan. Boil until done. Takes about 40 minutes to cook the *mongo* beans.

Meanwhile, sauté the garlic until light brown. Add the *bagoong*, onions and the tomatoes. Cook for about 5 minutes over a moderate flame. Add the shrimp, pork and shrimp juice. Cover and cook for 15 minutes. Add the boiled *mongo* beans and stir. Season with pepper. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,473 cals.	245 cals.	14.7	2.5
Protein	78.97 gms.	13.16 gms.	24.7 *	4.1 *
Fat	71.38 "	11.89 "	—	—
Carbohydrate ..	128.78 "	21.46 "	—	—
Calcium	.199 "	.033 "	7.1	1.2
Iron	.0211 "	.0035 "	42.2	7.0
Vitamin A	1,185 I.U.	197 I.U.	7.4	1.2
Vitamin B_1	2.15 mgs.	0.35 mgs.	33.5	5.5
Vitamin C	15 "	2 "	6.3	.9
Riboflavin	.67 "	.11 "	6.2	1.0
Niacin	9.88 "	1.66 "	12.5	2.1

* See Key to Abbreviations and Symbols, page xi.

OKOY CORN
(10 servings)

Rice flour	½ c.	50 gms.	*wagwag*
Shrimp juice	1 c.		
Shrimps	1 c.	200 "	small shrimps, A.P.
Fresh corn	2 c.	460 "	grated
Onions	½ c.	50 "	sliced
Deep fat for frying ..		60 "	(amt. absorbed)
Salt and pepper to taste			

Heat the fat for frying over a low flame. Mix the above ingredients in a bowl. Season with salt and pepper. Place ⅓ c.

of the mixture at a time in a saucer and drop in deep hot fat. Cook until light brown. Serve hot with vinegar and pounded garlic.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,668 cals.	267 cals.	27.7	2.7
Protein	79.27 gms.	7.93 gms.	33	3.3
Fat	95.56 "	9.55 "	—	—
Carbohydrate	372.60 "	37.26 "	—	—
Calcium	.1553 "	.0155 "	5.5	0.5
Iron	.0062 "	.0006 "	12.4	1.2
Vitamin A	106 I.U.	10.6 I.U.	.6	.06
Vitamin B_1	.78 mgs.	.08 mgs.	12	1.2
Vitamin C	25 "	2.5 "	10.4	1.0
Riboflavin	.29 "	.03 "	2.6	.3
Niacin	11 "	1.1 "	15	1.5

PANSIT CANTON

(For special occasion—15 servings)

Ham (cooked)	½ c.	100 gms.	cut in strips
Pork	1 c.	200 "	boiled and cut to cubes
Chicken (breast of 1 chicken)		200 "	cut in thin slices
Shrimps	1 c.	200 "	cut lengthwise
Liver	a piece	100 "	thin slices
Onions	1 med. sz.	100 "	sliced
Green onions	⅓ c.	20 "	diced for garnishings
Kinchay leaves		20 "	for garnishings
Carrots	½ c.	75 "	cut in strips
Chayote	1 c.	130 "	sliced
Cabbage	1 c.	100 "	shredded
Stringbeans	½ c.	50 "	sliced
Celas	⅓ c.	10 "	
Chicken broth	6 c.		
Mique canton	1 round package	500 "	fried
Eggs	5	325 "	boiled and sliced
Toyo	½ c.	112 "	
Kalamansi	10 pieces	100 "	
Flour	⅓ c.	30 "	
Salt and pepper to taste			

In a saucepan place the boiled pork, shrimps, chicken breast, onions, carrots, *chayote*, cabbage, stringbeans, *cetas* and 1 cup of chicken broth. Season with salt and pepper. Cover and cook for 10 minutes. Then add the liver and cook for 3 minutes. Lastly, add the flour mixed with ½ c. of broth. Stir and cook the flour. Set aside.

Bring the chicken broth to a boil and drop the *mique canton*. Cook for from 3 to 5 minutes.

Place the boiled *mique* in 2 small platters or one large platter. Spread on top the cooked vegetables and meat. Garnish top with slices of ham, eggs, green onions, *kinchay* leaves and serve hot with *kalamansi* and *toyo*.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	4,479 cals.	299 cals.	44.8	3.0
Protein	209.46 gms.	13.96 gms.	87.3	5.8
Fat	77.31 "	5.15 "	—	—
Carbohydrate ..	448.53 "	29.90 "	—	—
Calcium	.7909 "	.0527 "	28.2	1.9
Iron	.0525 "	.0035 "	105	7.0
Vitamin A	36,610 I.U.	2,441 I.U.	228.8	15.3
Vitamin B_1	4.00 mgs.	0.27 mgs.	62.5	4.2
Vitamin C	70 "†	5 "†	2.9	0.2
Riboflavin	5.64 "	0.38 "	52.2	3.5
Niacin	61.92 "	4.13 "	86.0	5.7

† See Key to Abbreviations and Symbols, page xi.

PANSIT CANTON (Variation)

(12 servings)

Pork	1 c.	200 gms.	Boiled & cut to cubes
Shrimps	1 c.	200 "	Shelled and cut lengthwise
Onions	1 med. sz.	100 "	Sliced
Carrots	½ c.	75 "	Cut into strips
Chayote	2 c.	260 "	Sliced
Cabbage	2 c.	200 "	Shredded
Stringbeans	2 c.	200 "	Sliced
Meat broth	6 c.		
Green onions	¼ c.	20 "	Diced for garnishings
Kinchay leaves		20 "	Diced for garnishings
Eggs	3	168 "	Boiled and sliced

Flour	¼ c.	25 "
Toyo	⅓ c.	70 "
Kalamansi	16 pieces	100 "
Mique canton	1 round package	500 "

Follow directions for *pansit canton.* Garnish top with green onions, *kinchay* leaves and slices of boiled eggs.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	One Serving	Whole Recipe	Whole Recipe	One Serving
Calories	1,912 cals.	159 cals.	19.1	1.6
Protein	110.50 gms.	9.21 gms.	46.0	3.8
Fat	121.23 "	10.10 "	—	—
Carbohydrate	94.40 "	7.87 "	—	—
Calcium	.6631 "	.0553 "	23.7	2.0
Iron	.0273 "	.0023 "	54.6	4.6
Vitamin A	11,361 I.U.	947 I.U.	71	5.9
Vitamin B_1	1.63 mgs.	0.14 mgs.	25.5	2.1
Vitamin C	98 " †	8 " †	40.8	3.4
Riboflavin	1.38 "	0.12 "	12.8	1.1
Niacin	14.85 "	1.24 "	20.6	1.7

† See Key to Abbreviations and Symbols, page xi.

PANSIT LUGLOG (Special)

(12 servings)

Garlic	¼ c.	40 gms.	sliced and fried until light brown
Green onions	½ c.	30 "	sliced
Pansit	1 c.	200 "	boiled with salt and sautéed
Oysters	1 c.	200 "	boiled
Shrimps	1 c.	200 "	sautéed
Pork	1 c.	200 "	boiled and cut to cubes
Eggs	3 large	210 "	boiled and sliced
Tokua	2 squares	200 "	cut to cubes and fried
Tinapa	½ c.	100 "	about 10 *tinapas,* fried and flaked
Kinchay	1 bundle	30 "	for garnishing
Kalamansi	12 pieces	120 "	A.P.
Palabok	3 c.		
Bijon	3 bundles	300 "	when boiled will yield 8 cups

Lard for frying garlic and sautéing the shrimps, etc.	(about ½ c.)		
Patis	⅓ c.	100 "	For seasoning

Soak the *bijon* in water for 10 minutes. Drop in boiling water and cook for 3-5 minutes. Drain thru a colander and place in a large platter or 2 medium size platters. Pour the hot *palabok* on top of the *bijon* and garnish top with all the ingredients above. Serve hot with *kalamansi* and *patis*.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	5,270 cals.	439 cals.	52.7	4.4
Protein	216.05 gms.	18.00 gms.	90	7.5
Fat	329.43 "	27.45 "	—	—
Carbohydrate	360.25 "	30.02 "	—	—
Calcium	0.6666 "	.0555 "	23.7	1.9
Iron	.0390 "	.0032 "	78	6.5
Vitamin A	2,900 I.U.	281 I.U.	18.1	1.3
Vitamin B_1	2.69 mgs.	0.22 mgs.	42	3.5
Vitamin C	33 " †	2.7 " †	13.7	1.1
Riboflavin	2.36 "	0.19 "	21.8	1.8
Niacin	17.4 "	1.4 "	24.2	2

† See Key to Abbreviations and Symbols, page xi.

PANSIT MOLO

(10 servings)

Flour	1 c.	112 gms.		
Eggs	1	65 "		
Water				enough to make a dough
Chicken (spring)	1	300 "	E.P.	boiled and diced
Shrimps	1 c.	200 "		sliced
Pork meat (no fat)	½ c.	100 "		boiled with the chicken & cut to cubes
Pork	½ c.	100 "		ground
Chicken broth	8 c.			
Onions	½ c.	50 "		sliced
Garlic	½ T.	5 "		pounded
Green onions	⅓ c.	20 "		diced
Lard	1 T.	11 "		
Salt and pepper to taste				

Boil the chicken until soft. Meanwhile prepare the wrapping. Place the flour and the egg in a bowl. Mix and add a little amount of water to make a dough. Knead and roll very thin. Cut to 2½″ squares and then cut into triangles.

Season the ground pork with salt and pepper. Wrap in each triangular wrapping about ½ tsp. or less of the ground pork. Close each end by pressing hand to prevent the meat from coming out. Set aside.

In a skillet, sauté the garlic in lard until light brown. Add the onions, shrimps, boiled pork, diced chicken meat, and the chicken broth. When it boils add the wrapped ground pork and cook for 8 minutes. Season with salt and pepper and lastly add the green onions. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,649 cals.	165 cals.	16.5	1.7
Protein	143.99 gms.	14.39 gms.	59.9	6.0
Fat	78.02 ″	7.80 ″	—	—
Carbohydrate	92.74 ″	9.27 ″	—	—
Calcium	.2728 ″	.0273 ″	9.7	1.0
Iron	.0144 ″	.0014 ″	28.8	2.9
Vitamin A	805 I.U.	80.5 I.U.	5.0	0.5
Vitamin B_1	1.99 mgs.	0.19 mgs.	31.1	3.1
Vitamin C	3 ″	.3 ″	1.0	0
Riboflavin	1.03 ″	.10 ″	9.5	1.0
Niacin	34.93 ″	3.49 ″	42.9	4.3

QUILAWEN TOKUA

(6 servings)

Tokua (Soybean curd)	6 large	600 gms.	
Onions	1 large	120 ″	sliced
Garlic	1 T.	10 ″	pounded
Vinegar	6 T.	70 ″	
Toyo	5 T.	70 ″	
Lard	5 T.		for frying

Fry the *tokua* until light brown. Cut to ½″ cubes and place in a bowl. Add the onions, garlic, vinegar and *toyo*. Season with pepper.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,335 cals.	222 cals.	13.4	2.2
Protein	91.71 gms.	15.28 gms.	28.6 *	4.7*
Fat	76.85 "	12.60 "	—	—
Carbohydrate	69.28 "	11.54 "	—	—
Calcium	0.2360 "	.0393 "	8.4	1.2
Iron	.0113 "	.0018 "	22.6	3.2
Vitamin A	50 I.U.	8 I.U.	.3	—
Vitamin B_1	0.33 mgs.	0.05 mgs.	5.1	0.8
Vitamin C	9 "	1 "	3.6	0.6
Riboflavin	0.20 "	0.03 "	1.8	0.2
Niacin	4.30 "	0.71 "	5.9	1.0

TOKUA GUISADO (10 servings)

Lard	2 T.	11 gms.	
Garlic	½ T.	5 "	pounded
Onions	¾ c.	70 "	sliced
Kinchay	¼ c.	45 "	1" long
Pork	1 c.	200 "	½" cubes
Shrimp meat	½ c.	125 "	
Tokua	5 c.	1,000 "	½" cubes

Salt and pepper to taste.

Sauté the garlic in 2 T. of lard until light brown. Add the onions and the *kinchay.* Stir for 3 minutes and add the pork, shrimp and shrimp juice. Season with salt and pepper. Cover and cook for 15 to 20 minutes to cook the meat. Add the *tokua.* More salt may be added if necessary. Cover and cook for 10 minutes more. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,339 cals.	234 cals.	23.4	2.3
Protein	207.22 gms.	20.72 gms.	64.7 *	6.5 *
Fat	124.18 "	12.42 "	—	—
Carbohydrate	98.41 "	9.84 "	—	—
Calcium	0.3540 "	0.0354 "	12.5	1.3
Iron	.0216 "	.0022 "	43.2	4.3
Vitamin A	82 I.U.	8.2 I.U.	0.5	—
Vitamin B_1	1.32 mgs.	0.13 mgs.	20.6	2.1
Vitamin C	—	—	—	—
Riboflavin	0.66 "	0.07 "	6.1	0.6
Niacin	18.56 "	1.85 "	25.8	2.6

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* See Key to Abbreviations and Symbols, page xi.

ARROWROOT COOKIES
(12 servings @ 5 cookies)

Butter	1 c.	200 gms.
Sugar	1 c.	210 "
Arrowroot starch	2½ c.	360 "
Baking powder	2 t.	
Eggs	2	140 "
Anise essence	2 drops	

Cream the shortening and sugar until light. Add the well-beaten eggs. Add the sifted dry ingredients and the *anise* essence. Drop by teaspoonfuls on a buttered cookie pan with 2½" distance. Bake in a moderate oven (350°F.). Yields 60 cookies.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,787 cals.	231 cals.	27.8	2.3
Protein	36.87 gms.	3.07 gms.	11.5 *	0.9 *
Fat	186.77 "	15.56 "	—	—
Carbohydrate	238.55 "	19.87 "	—	—
Calcium	.1286 "	.0107 "	4.5	.3
Iron	.0079 "	.0006 "	15.8	1.3
Vitamin A	2,000 I.U.	166 I.U.	13.5	1.1
Vitamin B_1	.21 mgs.	.02 mgs.	3.4	0.3
Vitamin C	—	—	—	—
Riboflavin	.48 "	.04 "	4.1	0.3
Niacin	.14 "	.01 "	0.2	—

* See Key to Abbreviations and Symbols, page xi.

ATIS-PINIPIG ICE CREAM
(15 servings)

Milk	3½ c.	785 gms.	evaporated
Water[a]	2 c.		
Pinipig (toasted)	2 c.	150 "	(raw weight toasted yields 2 c.)
Sugar	1½ c.	315 "	
Atis pulp	3 c.	600 "	

[a] If fresh milk is used water is no longer needed. Use 5½ cups of milk.

Heat the milk, water and sugar. Cool and add the *atis* pulp. Freeze using 1 part of salt to 3 parts of ice. When it begins to harden open freezer and add the toasted *pinipig*. Freeze until done. Pack for 2 hours before serving.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,977 cals.	198 cals.	29.8	2.0
Protein	66.97 gms.	4.46 gms.	27.9	1.9
Fat	71.53 "	4.77 "	—	—
Carbohydrate	516.39 "	34.43 "	—	—
Calcium	2.0304 "	.1354 "	72.5	4.8
Iron	.0101 "	.0007 "	20.2	1.3
Vitamin A	3,188 I.U.	213 I.U.	19.9	1.3
Vitamin B_1	1.48 mgs.	0.10 "	23.1	1.5
Vitamin C	200 " †	13 " †	83.3	5.6
Riboflavin	3.38 "	0.23 "	31.3	2.1
Niacin	12.97 "	0.86 "	18.0	1.2

* See Key to Abbreviations and Symbols, page xi.

AVOCADO ICE CREAM
(10 servings)

Avocado pulp	½ c.	100 gms.
Egg (whole)	1	40 "
Milk evaporated	4 c.	908 "
Sugar	¾ c.	158 "
Dayap rind	½ T.	

Beat the eggs slightly. Add the avocado pulp and the rest of the ingredients. Stir well and freeze using 3 parts ice to one part salt.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,021 cals.	202 cals.	20.2	2.0
Protein	68.08 gms.	6.81 gms.	28.3	2.8
Fat	81.88 "	8.19 "	—	—
Carbohydrate	253.20 "	25.32 "	—	—
Calcium	1.9842 "	0.1984 "	70.8	7.1
Iron	.0032 "	.0003 "	6.4	0.6
Vitamin A	3,856 I.U.	386 I.U.	25.1	2.5
Vitamin B_1	.61 mgs.	.06 mgs.	9.5	1.0
Vitamin C	16 "	1.6 "	6.7	.7
Riboflavin	3.14 "	0.31 "	29.0	2.9
Niacin	2.96 "	.30 "	4.1	.4

BUKAYO
(15 servings—⅓ c. each)

Coconut meat	5 c.	400 gms.	grated
Sugar	2¾ c.	467 "	
Anise	½ T.		

Place the grated coconut, sugar and *anise* in a skillet. Cook for 30 minutes stirring once in a while to prevent scorching. Serve hot or cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,928 cals.	195 cals.	29.3	2.0
Protein	4.90 gms.	.32 gms.	1.5 *	.3 *
Fat	132.34 "	8.82 "	—	—
Carbohydrate ...	429.13 "	107.28 "	—	—
Calcium	.084 "	.006 "	3.0	0.2
Iron	.0080 "	.0006 "	17	1
Vitamin A	—		—	—
Vitamin B$_1$	—	—	—	—
Vitamin C	—	—	—	—
Riboflavin	—	—	—	—
Niacin	—	—	—	—

* See Key to Abbreviations and Symbols, page xi.

BUKO SHERBET
(16 servings)

Milk	2 c.	450 gms.	evaporated
Sugar	2 c.	420 "	
Buko meat	2 c.	300 "	scraped
Buko water	2 c.		
Dayap	½ t.		grated

Mix all the above ingredients and freeze using one part salt to 3 parts ice.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	3,415 cals.	213 cals.	34.2	2.1
Protein	37.52 gms.	2.33 gms.	15.6	1.0
Fat	131.81 "	8.24 "	—	—
Carbohydrate ...	519.09 "	32.44 "	—	—
Calcium	1.1492 "	.0718 "	41.4	2.6
Iron	.0073 "	.0005 "	14.6	0.9
Vitamin A	1,856 I.U.	116 I.U.	11.6	0.7
Vitamin B_1	0.73 mgs.	.0456 mgs.	11.4	0.7
Vitamin C	23 "	1 "	9.6	0.6
Riboflavin	1.89 "	0.12 "	17.5	1.1
Niacin	2.29 "	0.14 "	3.2	0.2

CASSAVA–BUTTER CAKE (12 servings)

Eggs	3	210 gms.
Butter	⅓ c.	75 "
Sugar	⅔ c.	140 "
Milk	5 T.	70 "
Baking powder	2 t.	
Vanilla	1 t.	
Cassava flour	1 c.	112 "
Wheat flour	½ c.	56 "

Cream the butter and sugar until light and creamy. Add the well-beaten eggyolks and continue to beat until the mixture is light and fluffy. Then add the sifted dry ingredients alternately with the milk. Add the stiffly beaten egg whites. Lastly add the vanilla. Pour into a buttered pan. Bake in a moderate oven (350°F.) for 30 minutes.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,690 cals.	141 cals.	16.9	1.4
Protein	32.54 gms.	2.71 gms.	10.2 *	0.8 *
Fat	93.91 "	7.83 "	—	—
Carbohydrate ...	178.76 "	14.90 "	—	—
Calcium	331 "	27.58 "	11.8	1.0
Iron	.0073 "	.0006 "	14.6	1.2
Vitamin A	4,630 I.U.	386 I.U.	28.1	2.3
Vitamin B_1	0.36 mgs.	0.03 mgs.	5.6	0.5
Vitamin C	17 " †	1 " †	17.1	1.4
Riboflavin	1.08 "	0.09 "	10.0	0.8
Niacin	0.42 "	0.4 "	0.6	0.1

*† See Key to Abbreviations and Symbols, page xi.

KALAMANSI ICE CREAM
(10 servings)

Milk	4 c.	908 gms.	evaporated
Kalamansi juice	¼ c.	60 "	
Sugar	1½ c.	300 "	
Dayap rind	½ t.		grated

Mix the sugar and *kalamansi* juice in a bowl. Stir until the sugar is dissolved. Add the milk and *dayap* rind. Freeze using 1 part salt to 3 parts ice.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,502 cals.	250 cals.	25.0	2.5
Protein	55.70 gms.	5.57 gms.	23.2	2.3
Fat	73.54 "	7.35 "	—	—
Carbohydrate	404.33 "	40.43 "	—	—
Calcium	2.170 mgs.	.2170 mgs.	77.5	7.8
Iron	.0031 "	.0003 "	6.2	0.6
Vitamin A	3,632 I.U.	363 I.U.	22.7	2.3
Vitamin B_1	0.45 mgs.	.05 mgs.	7.0	0.7
Vitamin C	38 "	3.8 "	15.8	1.6
Riboflavin	3.27 "	0.33 "	30.0	3.0
Niacin	1.82 "	0.18 "	2.5	0.3

CAMOTE FRITTERS
(14 fritters)

Yellow *camote*	5 c.	700 gms.	cut to fine strips
Rice flour	2 c.	240 "	*wagwag*
Water	2 c.		
Fat for frying	½ c.	105 "	
Sugar	½ c.		

Mix the rice flour and water in a bowl. Add the yellow *camote*. Mix well and place about ½ cup of the mixture in a saucer. Drop the mixture in hot lard and fry until light brown. Sprinkle with sugar and serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,833 cals.	202 cals.	28.3	2.0
Protein	29.37 gms.	2.09 gms.	9.1 *	0.6 *
Fat	91.34 "	6.52 "	—	—
Carbohydrate ...	473.44 "	33.81 "	—	—
Calcium	.1778 "	.0112 "	6.3	0.5
Iron	.0092 "	.0006 "	18.4	1.3
Vitamin A	29,400 I.U.	2,100 I.U.	183	13
Vitamin B_1	0.96 mgs.	0.06 mgs.	15	1
Vitamin C	70 "	5 "	29.1	2.1
Riboflavin	.49 "	.03 "	4.5	0.3
Niacin	8.26 "	.59 "	11.4	0.8

DARAK CASSAVA COOKIES (40 cookies)

Butter	½ c.	100 gms.	
Sugar	1½ c.	315 "	
Eggs	2 c.	140 "	
Molasses	¼ c.	35 "	
Candied *suha* rind ..	¼ c.	40 "	chopped
Kondol (candied)	¼ c.	40 "	chopped
Cassava flour	1 c.	75 "	
Soda	1 t.		
Darak	1 c.	100 "	

Cream the butter and the sugar until light. Add the well-beaten eggs. Continue beating and add the sifted dry ingre-

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,879 cals.	72 cals.	28.8	0.7
Protein	30.84 gms.	0.77 gms.	9.6 *	0.2 *
Fat	108.94 "	2.72 "	—	—
Carbohydrate ...	443.92 "	11.10 "	—	—
Calcium	.2110 "	.0053 "	7.5	0.2
Iron	.0234 "	.0006 "	46.8	1.2
Vitamin A	4,400 I.U.	110 I.U.	27.5	0.7
Vitamin B_1	1.14 mgs.	0.03 mgs.	2.2	0.1
Vitamin C	—	0 "	0	0
Riboflavin	0.80 "	0.02 "	7.4	0.2
Niacin	1.06 "	0.03 "	2.5	0.1

* See Key to Abbreviations and Symbols, page xi.

dients alternately with the molasses. Add the chopped candied *suha* and *kondol*. Drop by teaspoons on a greased baking sheet and bake in a moderate oven (350°F.) until done. Yields 40 pieces.

CASSAVA ARROWROOT COOKIES

(Yields 70 cookies—Service for 17 @ 4 cookies)

Arrowroot starch	1½ c.	180 gms.	
Cassava starch	1 c.	105 ”	
Eggs	2	140 ”	well-beaten
Shortening	¾ c.	150 ”	
Sugar	1 c.	210 ”	
Dayap rind	1 T.		grated
Baking powder	1 T.		

Sift all dry ingredients together. Cream the shortening and sugar until light. Add the well-beaten eggs and the *dayap* rind. Then add the sifted dry ingredients. Mix well and drop by spoons on a greased cookie pan. Bake in a moderate oven (350°F.) till light brown. Yields 70 cookies.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,632 cals.	155 cals.	26.3	1.5
Protein	26.86 gms.	1.58 gms.	8.4 *	0.5 *
Fat	33.2 ”	1.95 ”	—	—
Carbohydrate ...	253.06 ”	14.88 ’	—	—
Calcium	.1225 ”	.0072 ”	4.4	0.3
Iron	.0069 ”	.0004 ”	13.8	0.8
Vitamin A	1,400 I.U.	82 I.U.	8.8	0.5
Vitamin B_1	0.21 mgs.	0.01 mgs.	3.3	0.2
Vitamin C	15 ”	1 ”	6.3	0.4
Riboflavin	0.58 ”	0.03 ”	5.4	0.3
Niacin	0.14 ”	0.1 ”	0.2	0.01

* See Key to Abbreviations and Symbols, page xi.

CASSAVA BIBINGKA

(16 servings)

Cassava (root)	6 c.	1,000 gms.	grated
Coconut	2 c.	152 ”	grated
Coconut milk (thick).	1 c.	212 ”	
Sugar	1½ c.	315 ”	granulated
Panocha	1 med. sz.	200 ”	
Banana leaves			

Combine the *cassava*, grated coconut and sugar in a bowl. Place in an agate plate lined with banana leaves. Bake in a moderate oven (350°F.).

Meanwhile place the thick coconut milk in a saucepan and the *panocha* which was chopped to pieces. Cook to 238°F. or soft ball stage. Spread on top of the baked *bibingka* and return to the oven. Bake for 5 to 8 minutes more. Serve hot or cold. Yields 3 small *bibingkas* or 2 medium size.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	3,566 cals.	222 cals.	35.7	2.2
Protein	22.86 gms.	1.42 gms.	7.1 *	.4 *
Fat	120.49 "	7.53 "	—	—
Carbohydrate ...	597.50 "	37.34 "	—	—
Calcium	—	—	—	—
Iron	—	—	—	—
Vitamin A	—	—	—	—
Vitamin B_1	—	—	—	—
Vitamin C	—	—	—	—
Riboflavin	—	—	—	—
Niacin	—	—	—	—

* See Key to Abbreviations and Symbols, page xi.

CASSAVA DROP BISCUITS

(5 servings @ 4 biscuits)

Cassava flour	2 c.	200 gms.	
Shortening	¼ c.	45 "	fortified with Vit. A
Egg	1	70 "	
Milk	½ c.	113 "	whole milk
Sugar	3 T.	40 "	
Baking powder	2 t.		
Salt	½ t.		

Sift the dry ingredients in a bowl. Add the fat and cut with two knives. Beat the eggs and add the milk and sugar. Combine with the dry ingredients. Mix with a wooden spoon. Drop by spoonfuls on a slightly greased baking pan. Bake at 400°F. for about 15 minutes. Yields 20 biscuits.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,047 cals.	209 cals.	10.5	2.1
Protein	17.67 gms.	3.53 gms.	5.5 *	1.1 *
Fat	61.53 "	12.30 "	—	—
Carbohydrate ...	105.65 "	21.13 "	—	—
Calcium	.3746 mgs.	.0749 mgs.	13.3	2.6
Iron	.0042 "	.0008 "	8.4	1.6
Vitamin A	1,992 I.U.	398 I.U.	12.4	2.5
Vitamin B_1	0.21 mgs.	0.04 mgs.	3.2	0.6
Vitamin C	0 "	0 "	0	0
Riboflavin	.84 "	.16 "	7.7	1.5
Niacin	.30 "	.06 "	.4	—

CASSAVA GRIDDLES (Yields 16 griddles; 8 servings)

Cassava flour	1½ c.	150 gms.	
Milk (whole)	1 c.	227 "	
Baking powder	1½ t.		
Eggs	2	140 "	
Butter	1 T.	15 "	melted

Beat the whites and yolks of eggs separately. Then combine and add the sifted dry ingredients alternately with the milk. Continue beating and lastly add the melted butter. Drop by

SPECIFIC NUTRIENTS	FOOD VALUES IN: [a]			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	667 cals.	82 cals.	6.7	0.8
Protein	26.15 gms.	3.27 gms.	8.1 *	1.0 *
Fat	38.83 "	4.85 "	—	—
Carbohydrate ...	53.14 "	6.64 "	—	—
Calcium	.400 "	.050 "	14.2	1.7
Iron	.0057 "	.0070 "	11.4	1.4
Vitamin A	2,304 I.U.	288 I.U.	14.4	1.8
Vitamin B_1	0.29 mgs.	0.03 mgs.	4.5	0.5
Vitamin C	0	0	0	0
Riboflavin	1.03 "	0.12 "	.9	.1
Niacin	.37 "	.04 "	.5	—

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* See Key to Abbreviations and Symbols, page xi.

[a] The food values of the above recipe do not include the jam or butter placed on top of the griddles.

tablespoonfuls on a hot greased griddle pan and cook until bubbles appear on the surface and the edge begins to look dry. Turn and cook on the other side. Never turn a second time. Yields 16 griddles. Serve hot with jam or syrup. Butter the top before serving.

CHILLED MELON

(5 servings)

Melon	3 c.	600 gms.	(scraped with a *macapuno* scraper)
Water & melon water	2 c.		
Sugar	1 c.	210 "	

Cut the melon into halves and remove the seeds with the juice. Strain the juice and add cold water to make it 2 cups. With *macapuno* scraper, scrape the melon.

Place all the ingredients in a bowl and chill in the refrigerator. Serve cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	971 cals.	194 cals.	9.7	1.9
Protein	3.60 gms.	0.72 gms.	1.1 *	0.2 *
Fat	1.20 "	0.24 "	—	—
Carbohydrate ...	236.55 "	47.31 "	—	—
Calcium	.1020 "	.0204 "	3.6	0.7
Iron	.0024 mgs.	.0005 mgs.	4.8	.9
Vitamin A	16,800 I.U.	3,360 I.U.	105	21
Vitamin B_1	0.31 mgs.	0.06 mgs.	4.8	0.9
Vitamin C	101 "	20 "	42	8
Riboflavin	.24 "	.05 "	2.2	0.4
Niacin	3.38 "	.67 "	4.6	0.9

* See Key to Abbreviations and Symbols, page xi.

COCONUT ANISE COOKIES

(Yields 87 cookies—21 servings @ 4 cookies)

Butter	½ c.	80 gms.	
Anise	1 t.		ground very fine
Eggs	2	140 "	
Rice flour	1¾ c.	227 "	
Coconut	1¼ c.	120 "	grated
Baking powder	2 t.		
Sugar	1 c.	210 "	

Cream the butter and sugar well. Add the beaten eggs and the sifted dry ingredients. Stir well and add the grated coconut and *anise* seeds. Drop by teaspoonfuls on a greased cookie sheet, and place a little grated coconut on top of each cookie. Bake in a 350°F. oven for 15-20 minutes until light brown.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,888 cals.	138 cals.	28.9	1.4
Protein	44.35 gms.	2.11 gms.	14.8 *	0.5 *
Fat	128.54 "	6.12 "	—	—
Carbohydrate ...	388.42 "	18.50 "	—	—
Calcium	.1084 "	.0052 "	3.9	0.2
Iron	.0078 "	.0004 "	15.7	0.7
Vitamin A	3,808 I.U.	181 I.U.	23.8	1.1
Vitamin B_1	0.66 mgs.	0.03 mgs.	10.3	0.5
Vitamin C	0	0	0	0
Riboflavin	0.67 "	0.04 "	6.2	0.3
Niacin	3.86 "	0.18 "	5.4	0.3

* See Key to Abbreviations and Symbols, page xi.

CORN GUINATAN

(10 servings)

Malagkit	½ c.	100 gms.	
Rice	¼ c.	50 "	
Green corn	1 cup	200 "	sliced from the cob
Coconut milk	5 c.		thin
Coconut milk	1½ c.	318 "	thick
Sugar	1 c.	210 "	

Wash the *malagkit* and ordinary rice rapidly with several rinses of cold water and drain. Place all the ingredients in a saucepan except the sugar and the thick coconut milk. Cook for about 15 minutes and add the sugar. Stir and remove from the fire. Add the thick coconut milk, stir and cover. Serve hot or cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,640 cals.	264 cals.	26.4	2.6
Protein	30.02 gms.	3.00 gms.	9.4 *	.9 *
Fat	113.35 "	11.34 "	—	—
Carbohydrate	374.93 "	37.49 "	—	—
Calcium	.013 "	.003 "	1.1	0.1
Iron	.00205 "	.000205 "	4.3	.4
Vitamin A	780 I.U.	78 I.U.	4.8	.4
Vitamin B_1	.38 mgs.	.04 mgs.	5.9	.5
Vitamin C	24 "	2.4 "	10.0	1.0
Riboflavin	.33 "	.03 "	3.0	.3
Niacin	4.92 "	.49 "	7.0	.7

CORN MAJA (20 servings)

Fresh corn (yellow)	3¾ c.	557 gms.	finely ground in a flour mill grinder.
Coconut milk:			
Thick	1 c.	212 "	extracted from 1 large coconut or 2 small ones.
Thin	4 c.		
Sugar	2 c.	420 "	
Toasted coconut	1 c.	140 "	sweetened

Mix the ground fresh corn, coconut milk and sugar in a saucepan. Cook over a moderate flame for 5 minutes until done. Pour into salad plates or into an aluminum baking pan and allow to cool. Serve with toasted sweetened coconut. (12″ x 8″ x ¾″ thick). One serving is 2.4″ x 2″ x ¾″ thick.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	4,876 cals.	243 cals.	48.8	2.4
Protein	66.00 gms.	3.30 gms.	20.6 *	1.0 *
Fat	140.46 "	7.02 "	—	—
Carbohydrate	837.07 "	41.85 "	—	—
Calcium	.1051 mg.	.0052 mgs.	3.8	0.1
Iron	.0049 "	.0002 "	9.8	0.8
Vitamin A	13,935 I.U.	695 I.U.	87	4.3
Vitamin B_1	1.06 mgs.	.05 mgs.	16.5	0.8
Vitamin C	32 " †	1.6 " †	13.3	0.7
Riboflavin	2.88 "	0.14 "	26.6	1.3
Niacin	9.72 "	0.43 "	13.4	0.6

* † See Key to Abbreviations and Symbols, page xi.

CASSAVA NANKA ROLL

(15 servings)

Eggs (whole)	8	560 gms.	
Sugar	1¾ c.	360 "	
Cassava flour	1 c.	100 "	
Baking powder	2 t.		
Lemon juice	2 t.		
Dayap rind	1 t.		grated
Water (hot)	1 T.		
Nanka jam	¾ c.	150 "	
Wheat flour	½ c.	50 "	

Beat the yolks and whites of eggs separately until light. Combine the two; beat and add the sugar little by little. Fold in the sifted dry ingredients. Add the lemon juice, *dayap* rind and hot water. Pour in a pan 13″ by 9″ lined with wax paper. Bake in a moderate oven 350°F. for about 25 minutes. When done invert the cake on a damp cloth sprinkled with sugar. Remove the wax paper and spread the top with *nanka* jam. Roll and sprinkle top with sugar. Slice the roll ½″ thick crosswise. Yields 15 rolls.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	3,390 cals.	226 cals.	33.9	2.3
Protein	76.99 gms.	5.13 gms.	24.1 *	1.6 *
Fat	69.01 "	4.60 "	—	—
Carbohydrate ...	615.36 "	41.02 "	—	—
Calcium	.4784 "	.0319 "	17.1	1.1
Iron	.0206 "	.0014 "	41.2	2.7
Vitamin A	5,600 I.U.	373 I.U.	35.0	2.3
Vitamin B_1	0.88 mgs.	0.06 mgs.	13.8	0.9
Vitamin C	12 " †	1 " †	5	0.3
Riboflavin	2.10 "	0.14 "	19.4	1.3
Niacin	0.56 "	0.04 "	0.8	0.1

* † See Key to Abbreviations and Symbols, page xi.

CASSAVA SLICES

(40 slices)

Cassava	12 c.	2,000 gms.	grated
Sugar	4 c.	840 "	
Lard	4 T.	44 "	for pan frying

Mix the cassava and sugar in a bowl. Place in a loaf pan and steam. When done cut in ¼″ thick slices and pan fry until light brown. Serve hot. (1 slice—3″ x 4″ x ¼″ thick).

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Slice	Whole Recipe	One Slice
Calories	6,083 cals.	152 cals.	60.8	1.5
Protein	20.00 gms.	0.50 gms.	6.3 *	.2 *
Fat	58.40 ”	1.46 ”	—	—
Carbohydrate ...	1,360 ”	34.20 ”	—	—
Calcium	—	—	—	—
Iron	—	—	—	—
Vitamin A	—	—	—	—
Vitamin B_1	—	—	—	—
Vitamin C	—	—	—	—
Riboflavin	—	—	—	—
Niacin	—	—	—	—

CASSAVA SPONGE CAKE
(8 servings)

Eggs (native)	8	560 gms.
Flour (cassava)	1 c.	105 ”
Sugar	1 c.	210 ”
Dayap rind	½ t.	

Beat the eggs until light. Add the sugar little by little. Continue beating. Lastly fold in the sifted flour. Pour into an ungreased angel cake pan and bake in a moderate oven 350°F.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,859 cals.	232 cals.	18.6	2.3
Protein	71.44 gms.	8.93 gms.	22.3 *	2.8 *
Fat	67.49 ”	8.44 ”	—	—
Carbohydrate ...	241.54 ”	30.19 ”	—	—
Calcium	0.3427 ”	.0424 ”	12.2	1.5
Iron	.0167 ”	.0021 ”	33.4	4.2
Vitamin A	5,600 I.U.	700 I.U.	35.0	4.4
Vitamin B_1	0.86 mgs.	0.11 mgs.	13.4	1.7
Vitamin C	16 ” †	2 ” †	6.7	0.8
Riboflavin	2.00 ”	0.25 ”	18.5	2.3
Niacin	0.56 ”	0.07 ”	0.8	0.1

* † See Key to Abbreviations and Symbols, page xi.

CASSAVA SUMAN WITH COCONUT

(16 servings)

Cassava, E.P.	6 c.	1,000 gms.	grated
Coconut	2 c.	152 "	grated
Sugar	3 c.	632 "	granulated
Anise seeds	⅛ T.		
Banana leaves to wrap			passed over a low flame to wilt

Mix all the above ingredients in a bowl. Wrap the mixture in banana leaves using ½ cup of the mixture for each *suman*. Place in pan and add enough water to cover. Boil for 30 minutes. Serve cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	4,122 cals.	257 cals.	41.2	2.3
Protein	15.38 gms.	0.96 gms.	4.6 *	.3 *
Fat	46.82 "	2.92 "	—	—
Carbohydrate ...	909.98 "	56.87 "	—	—
Calcium	.0044 "	.0002 "	0.1	—
Iron	.0021 "	.0001 "	4.2	0.2
Vitamin A	11 I.U.	0.9 I.U.	—	—
Vitamin B_1	0.26 mgs.	.02 mgs.	4.0	0.2
Vitamin C	5 "	0.3 "	2.0	0.1
Riboflavin	0.14 "	0.01 "	1.4	0.1
Niacin	0.68 "	.04 "	0.9	—

* See Key to Abbreviations and Symbols, page xi.

DATILES ICE CREAM

(8 servings)

Datiles	2 c.	350 gms.	red and ripe fruits
Milk (fresh carabao's)	2 c.	454 "	
Sugar	1 c.	105 "	
Ice and salt for freezing			

Wash the fruits. With a fork press out 1½ cups of the fruits. Use ½ cup to garnish top of ice cream. Mix with milk and sugar. Freeze using 1 part salt and 3 parts ice.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,214 cals.	151.75 cals.	12	1.5
Protein	29.56 gms.	3.695 gms.	12.3	1.53
Fat	31.05 "	3.881 "	—	—
Carbohydrate ...	204.24 "	25.23 "	—	—
Calcium	.7441 "	.093 "	26.5	3.31
Iron	.0091 "	.0011 "	18.2	2.27
Vitamin A	363 I.U.	45.37 I.U.	2	—
Vitamin B_1	0.23 mgs.	.028 mg.	3.6	.45
Vitamin C	—	—	—	—
Riboflavin	.45 "	.056 "	4.1	.51
Niacin	22.16 "	2.77 "	30.7	3.83

FLUFFY COCOA GULAMAN

(12 servings)

Gulaman		12
Milk (evaporated) ..	1½ c.	340 gms.
Egg	1	70 "
Sugar	1 c.	210 "
Water	1½ c.	
Cocoa	4 T.	60 "
Vanilla	1 t.	

Soak *gulaman* in cold water for 5 minutes. Dissolve in 1½ cups of water over a moderate flame. When the *gulaman* is dissolved add the sugar and cocoa. Cook for 2 minutes more and pass thru a fine sieve. Add the milk.

Beat the egg until light. Then add the *gulaman*-cocoa-milk mixture little by little. Add the vanilla and continue beating until the mixture is about to set. Place in a refrigerator. Serve cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,737 cals.	145 cals.	17.4	1.5
Protein	34.81 gms.	2.90 gms.	14.5	1.2
Fat	50.43 ”	4.20 ”	—	—
Carbohydrate ...	286.04 ”	23.84 ”	—	—
Calcium	.9261 ’	.0772 ”	33.1	2.8
Iron	.0092 ”	.0008 ”	18.4	1.5
Vitamin A	2,078 I.U.	173 I.U.	13.0	1.1
Vitamin B_1	0.34 mgs.	0.03 mgs.	5.3	0.4
Vitamin C	—	0	0	0
Riboflavin	1.69 ”	0.14 ’	15.6	1.3
Niacin	2.13 ”	0.18 ”	2.9	0.2

ICE CREAM

(8 servings)

Milk (evaporated) ..	4 c.	908 gms.
Sugar	¾ c.	158 ”
Eggs (whole)	2	80 ”
Vanilla	1 T.	

Ice and salt for freezing

Scald the milk and add the sugar. Cool and add the slightly beaten eggs and vanilla. Freeze using 3 parts of ice to one part salt.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,024 cals.	202 cals.	20.2	2.0
Protein	71.56 gms.	7.16 gms.	29.8	3.7
Fat	82.98 ”	8.30 ”	—	—
Carbohydrate ...	248.36 ”	24.84 ”	—	—
Calcium	1.9952 ”	0.2494 ”	71.2	8.9
Iron	.0036 ”	.0004 ”	7.6	0.9
Vitamin A	4,432 I.U.	554 I.U.	27.7	3.5
Vitamin B_1	0.53 mgs.	0.06 mgs.	8.3	0.9
Vitamin C	—	—	—	—
Riboflavin	3.26 ”	0.40 ”	30.1	3.7
Niacin	1.84 ”	0.23 ”	2.6	0.3

JOCHO DULCE (Modified)

(12 servings)

Gabi	2 c.	425 gms.	Boiled and mashed
Kondol (preserve)	½ c.	100 "	¼" cubes
Pork fat	⅓ c.	60 "	¼" cubes
Sugar	1 c.	210 "	
Lumpia wrapper	12 pcs.	24 "	
Fat for frying.			

Mix the *gabi*, *kondol* preserve, pork fat, and ½ cup sugar in a bowl. Wrap about 4 tablespoons of the mixture in each *lumpia* wrapper. Fry in hot fat until light brown. When done sprinkle with the remaining sugar.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,865 cals.	239 cals.	28.7	2.4
Protein	5.25 gms.	0.44 gms.	1.6 *	0.1 *
Fat	161.01 "	13.42 "	—	—
Carbohydrate	348.72 "	29.06 "	—	—
Calcium	.0998 "	.0083 "	3.6	0.3
Iron	.0036 "	.0003 "	7.2	0.6
Vitamin A	3 I.U.	0 I.U.	0	0
Vitamin B_1	0.13 mgs.	0.01 mgs.	2.0	0.2
Vitamin C	10 " †	1 " †	4.2	0.4
Riboflavin	0.17 "	0.01 "	1.6	0.1
Niacin	1.18 "	0.10 "	1.6	0.1

*† See Key to Abbreviations and Symbols, page xi.

LACATAN ICE CREAM

(12 servings)

Banana pulp (about 4 large *lacatan* or 6 small ones)	2 c.	400 gms.
Milk (fresh carabao's)	2 c.	454 "
Sugar	1 c.	210 "
Orange juice	½ c.	125 "

Select full ripe bananas but not overripe; remove peelings and outside fibrous portion. Mash and pass through a coarse sieve. Mix the ingredients in a bowl. Beat with an egg beater for 3 minutes. Freeze using 1 part salt to 3 parts ice.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,737 cals.	174 cals.	17.4	1.7
Protein	30.12 gms.	3.01 gms.	12.5	1.3
Fat	33.98 "	3.39 "	—	—
Carbohydrate	327.78 "	32.77 "	—	—
Calcium	.328 "	.0328 "	11.7	1.2
Iron	.0096 "	.0009 "	19.2	1.9
Vitamin A	606 I.U.	60.6 I.U.	3.7	0.4
Vitamin B_1	.33 mgs.	.03 mgs.	3	0.3
Vitamin C	66 "	6.6 "	27.4	2.7
Riboflavin	.49 "	.05 "	4.5	0.5
Niacin	18.44 "	1.84 "	25.5	2.6

LACATAN WITH PEANUT

(6 servings)

Lacatan, e.p.	6	420 gms.	
Peanuts	½ c.	64 "	toasted and chopped
Milk	¾ c.	200 "	evaporated
Sugar	½ c.	105 "	

Cut the *lacatan* lengthwise into halves. Place in a fruit bowl. Add the sugar and milk. Sprinkle top with chopped peanuts.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,088 cals.	181 cals.	10.9	1.8
Protein	32.98 gms.	5.50 gms.	13.7	2.3
Fat	48.42 "	8.07 "	—	—
Carbohydrate	130.13 "	21.69 "	—	—
Calcium	.5351 "	.0892 "	19.1	3.2
Iron	.0013 "	.0002 "	2.6	0.4
Vitamin A	24 I.U.	4 I.U.	0.2	0.03
Vitamin B_1	0.71 mgs.	0.12 mgs.	11.1	1.9
Vitamin C	3 "	1 "	1.3	0.2
Riboflavin	0.81 "	0.14 "	7.5	1.3
Niacin	9.65 "	1.61 "	13.4	2.2

LANZONES SHERBET

(10 servings)

Lanzones	3 c.	600 gms.	without the seed
Milk	2 c.	454 "	fresh carabao's milk
Sugar	1 c.	184 "	

Mix the above ingredients and stir until the sugar is dissolved. Freeze using 1 part salt to 3 parts ice. (If the *lanzones* is sour more sugar should be used).

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,450 cals.	145 cals	14.5	1.45
Protein	22.22 gms.	2.222 gms.	9.2	.92
Fat	18.54 "	1.854 "	—	—
Carbohydrate ...	298.55 "	29.855 "	—	—
Calcium	.7447 mgs.	.0745 mgs.	26.5	2.65
Iron	.0181 mgs.	.0018 "	36.2	3.62
Vitamin A	635 I.U.	63.5 I.U.	3.969	.397
Vitamin B_1	0.72 mgs.	.072 mg.	4	.4
Vitamin C	22 "	2.2 "	9	.9
Riboflavin	0.92 "	.092 "	8.5	.85
Niacin	7.29 "	.729 "	10.1	1.01

LECHE FLAN (Yolks only)

(10 servings)

Evaporated milk	1¾ c.	400 gms.	
Sugar	¾ c.	158 "	
Yolks	½ c.	100 "	7 yolks
Caramel syrup (thick)	1 t.		
Vanilla	1 t.		

Mix the eggyolks and sugar in a bowl. Stir but don't beat in order to have a smooth custard. Add the milk and stir.

Line the bottom of the mould with the thick caramel syrup. Pour in the eggyolk-milk mixture. Steam for from 40 to 60 minutes or pressurize at 15 lbs. pressure for 4 minutes. Cool and invert on a platter.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,542 cals.	154 cals.	15.4	1.5
Protein	44.30 gms.	4.43 gms.	18.0	1.8
Fat	63.50 ”	6.35 ”	—	—
Carbohydrate ...	198.30 ”	19.83 ”	—	—
Calcium	1.0070 ”	0.1007 ”	35.6	3.6
Iron	.0079 ”	.0008 ”	16.4	1.6
Vitamin A	4,810 I.U.	481 I.U.	30	3
Vitamin B_1	.52 mgs.	.05 mgs.	8.1	.8
Vitamin C	4 ”	.4 ”	1.6	.1
Riboflavin	1.96 ”	.19 ”	18	1.8
Niacin	.80 ”	.08 ”	1.1	.1

LECHE FLAN (Whole eggs) (10 servings)

Evaporated milk	1¾ c.	
Sugar	1 c.	210 gms.
Eggs (whole)	5	
Vanilla	1 t.	

Prepare caramel syrup (thick) using 1½ T. of sugar and line the mould. For this recipe a 7″ diameter mould or an 8″ long heart shaped mould should be used.

Scald the milk and add the sugar. Allow to cool and add to the eggs slightly stirred. It should not be beaten to obtain a smooth custard. Add the vanilla and pour into the mould lined with thick caramel syrup. Steam for 40 minutes. If one has a pressure cooker it takes 3 minutes at 15 lbs. pressure. Allow to cool and invert on a platter.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,710 cals.	171 cals.	17.1	1.7
Protein	53.60 gms.	5.36 gms.	22.3	2.2
Fat	54.60 ’	5.46 ’	—	—
Carbohydrate ...	251.00 ”	25.10 ”	—	—
Calcium	0.9680 ”	0.0968 ”	34.5	3.5
Iron	.0061 ”	.0006 ”	12.7	1.3
Vitamin A	3,880 I.U.	388 I.U.	24.3	2.4
Vitamin B_1	.48 mgs.	.05 mgs.	7.5	.8
Vitamin C	4 ”	.4 ”	—	—
Riboflavin	2.12 ”	.21 ”	18.7	1.9
Niacin	1.00 ”	.10 ”	1.4	.1

MACAPUNO ICE CREAM

(12 servings)

Milk (carabao's)	4 c.	908 gms.	
Macapuno	1½ c.	180 ”	grated
Sugar	1½ c.	315 ”	
Dayap rind	¼ t.		

Ice and salt to freeze.

Scald the milk for 5 minutes. Stir to prevent scorching. Remove from the fire and add the sugar. Stir and allow to cool. Add the *macapuno* and *dayap* rind. Freeze using 1 part salt to 3 parts ice.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,485 cals.	206 cals.	24.9	2
Protein	48.49 gms.	4.04 gms.	20.2	1.7
Fat	88.65 ”	7.38 ”	—	—
Carbohydrate ...	373.50 ”	31.13 ”	—	—
Calcium	1.5011 mgs.	.1250 mgs.	53.6	4.4
Iron	.0194 ”	.0016 ”	38.8	3.2
Vitamin A	726 I.U.	61 I.U.	4.5	0.4
Vitamin B_1	0.45 mgs.	.03 mgs.	7	0.6
Vitamin C	9 ”	0.7 ”	3.7	0.3
Riboflavin	.91 ”	.07 ”	8.4	0.7
Niacin	36.32 ”	3.02 ”	50.4	4.2

MACAPUNO IN SYRUP

(15 servings)

Macapuno	5¾ c.	837 gms.	scraped
Sugar	3 c.	630 ”	
Water	1½ c.		

Place sugar and water in a saucepan. Cook over a low flame until thick. Add the *macapuno* and cook until it is transparent. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	3,938 cals.	262 cals.	39.4	2.6
Protein	15.65 gms.	1.04 gms.	4.9 *	.3 *
Fat	123.46 "	8.23 "	—	—
Carbohydrate	691.10 "	46.06 "	—	—
Calcium	—	—	—	—
Iron	—	—	—	—
Vitamin A	—	—	—	—
Vitamin B_1	—	—	—	—
Vitamin C	—	—	—	—
Riboflavin	—	—	—	—
Niacin	—	—	—	—

* See Key to Abbreviations and Symbols, page xi.

MACAPUNO WITH YELLOW CAMOTE

(6 servings)

Macapuno	2½ c.	300 gms.
Yellow *camote*	1 c.	100 "
Sugar	1½ c.	315 "
Water	½ c.	
Anise seeds or	⅛ t.	
Malbarosa leaves	2	

Follow procedure in *macapuno* dessert. Add the sweet potatoes together with the *macapuno*.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,901 cals.	316 cals.	19.0	3.2
Protein	7.41 gms.	1.23 gms.	2.3 *	.4 *
Fat	44.95 "	7.49 "	—	—
Carbohydrate	364.80 "	60.80 "	—	—
Calcium	.030 "	.005 "	1.07	.2
Iron	.0007 "	.0001 "	1.4	.2
Vitamin A	7,700 I.U.	1,288 I.U.	48.1	8.1
Vitamin B_1	.10 mgs.	.01 mgs.	1.6	.2
Vitamin C	11 "	2 "	4.6	.8
Riboflavin	.06 "	.01 "	.5	.08
Niacin	.70 "	.10 "	1.0	.17

* See Key to Abbreviations and Symbols, page xi.

MADUYA (Saba)

(14 servings)

Saba	14 med. sz.	800 gms.	E.P.
Rice flour	2 c.	239 "	*Wagwag*
Water	2 c.		
Sugar	½ c.	105 "	
Lard for deep fat frying		60 "	(This is the amount absorbed during frying.)

Slice each *saba* into 3 pieces. Mix the rice flour and water to have a thick batter. Add the sliced *saba*. Then place 3 slices of *saba* side by side in a saucer and fry in deep fat until light brown. When done allow the fat to drip and sprinkle with sugar. Serve hot.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,786 cals.	199 cals.	27.9	2.0
Protein	30.68 gms.	2.19 gms.	9.6 *	0.7 *
Fat	73.36 "	5.24 "	—	—
Carbohydrate	500.70 "	35.76 "	—	—
Calcium	.20913 "	.0149 "	7.3	0.5
Iron	.0136 "	.0009 "	27.2	1.9
Vitamin A	80 I.U.	6 I.U.	0.5	—
Vitamin B_1	0.58 mgs.	.04 mgs.	9.0	0.6
Vitamin C	62 "	4 "	25.8	1.8
Riboflavin	.23 "	.01 "	2.1	0.1
Niacin	4.48 "	0.32 "	6.2	0.4

* See Key to Abbreviations and Symbols, page xi.

MELON ICE CREAM

(12 servings)

Milk (evaporated)	3½ c.	784 gms.	
Melon	3 c.	600 "	grated
Sugar	1½ c.	315 "	
Melon juice	½ c.	100 "	

Mix all the above ingredients in a bowl and freeze using 1 part salt to 3 parts ice.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,497 cals.	208 cals.	25	2
Protein	51.34 gms.	4.27 gms.	21.4	1.7
Fat	64.70 "	5.39 "	—	—
Carbohydrate ...	427.34 "	35.61 "	—	—
Calcium	1.9757 '	0.1646 "	69.8	5.8
Iron	.0039 "	.0003 "	7.8	0.6
Vitamin A	19,936 I.U.	1,661 I.U.	124	10
Vitamin B_1	0.75 mgs.	0.06 mgs.	11.7	1.0
Vitamin C	150 "†	12 "†	62.4	5.2
Riboflavin	3.06 "	0.23 "	2.8	0.2
Niacin	6.37 "	0.56 "	8.8	0.7

† See Key to Abbreviations and Symbols, page xi.

MINUKMOK (Saba) (10 servings)

Saba, c.p.	6-7 med. sz.	500 gms.	boiled
Gumaan	¾ c.	130 "	scraped
Sugar	1 c.	210 "	
Corn	1 c.	140 "	toasted and ground

The *saba* should not be very ripe nor green. It should be just almost ripe. If it is too ripe it is sour and the product is very soft.

Cut the boiled *saba* to pieces and combine all the ingredients in a bowl. Pass thru a meat grinder. Turn on a board lined with wilted banana leaves. Cover the top with another piece of banana leaf and roll to about ¾″ thick. Cut to squares.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,051 cals.	205 cals.	20.5	2.1
Protein	19.11 gms.	1.91 gms.	5.9 *	.6 *
Fat	15.74 "	1.57 "	—	—
Carbohydrate ...	458.17 "	45.82 "	—	—
Calcium	.025 "	.003 "	0.9	0.1
Iron	.0038 "	.0004 "	7.9	0.8
Vitamin A	714 I.U.	71 I.U.	4.5	0.4
Vitamin B_1	0.63 mgs.	0.06 mgs.	9.8	1.0
Vitamin C	—	—	—	—
Riboflavin	.24 "	.02 "	2.2	0.2
Niacin	2.94 "	.29 "	4.0	0.4

* See Key to Abbreviations and Symbols, page xi.

MINUKMOK (Cassava)
(10 servings)

Cassava, e.p.	4-5 med. sz.	500 gms.	(weight of raw cassava)
Sugar	¾ c.	150 "	
Gumaan	⅔ c.	100 "	grated
Corn (dry)	1 c.	140 "	(Toasted and ground; in the absence of dried corn, corn-meal can be used.)

A piece of banana leaf, 1 sq. foot

Skin the cassava and boil until done. Cut to cubes and place in a bowl. Add the *gumaan*, sugar, and toasted ground corn. If corn meal is used it should first be toasted in the oven until light brown. Mix and pound in a wooden mortar or pass thru a meat grinder. Turn on a board lined with banana leaf and roll to ¾" thick. Cut to 1½" squares. Yields ten pieces.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,795 cals.	179 cals.	18.0	1.8
Protein	19.65 gms.	1.97 gms.	6.1 *	.6 *
Fat	16.49 "	1.65 "	—	—
Carbohydrate ...	391.91 "	39.19 "	—	—
Calcium	.0250 "	.0030 "	0.9	0.1
Iron	.0038 "	.0004 "	7.9	.8
Vitamin A	714 I.U.	71 I.U.	4.5	.4
Vitamin B_1	.63 mgs.	.06 mgs.	10.0	1.0
Vitamin C	—	—	—	—
Riboflavin	.24 "	.02 "	2.2	.2
Niacin	2.94 "	.29 "	4.0	.4

* See Key to Abbreviations and Symbols, page xi.

NANKA JAM
(6 servings)

Nanka pulp (ripe) ..	3 c.	600 gms.	finely chopped
Kalamansi juice	⅓ c.	80 "	
Sugar	1½ c.	300 "	

Place finely chopped jackfruit and *kalamansi* juice in an enamel kettle. Cook stirring continuously over a medium flame for 5 minutes. Add sugar ½ cup at a time at 5-minute intervals. Cook until thick (30 minutes over a medium flame).

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,656 cals.	276 cals.	16.6	2.8
Protein	9.18 gms.	1.53 gms.	2.9 *	0.3 *
Fat	2.7 "	0.45 "	—	—
Carbohydrate	398.72 "	66.45 "	—	—
Calcium	.2085 '	.0348 "	7.4	1.2
Iron	.0059 "	.0010 "	11.8	2.0
Vitamin A	0	0	0	0
Vitamin B$_1$	0	0	0	0
Vitamin C	47 mgs.†	8 mgs.†	19.6	3.3
Riboflavin	0	0	0	0
Niacin	0	0	0	0

*† See Key to Abbreviations and Symbols, page xi.

NANKA IN SYRUP

(7 servings)

Nanka	4 cups	600 gms.
Sugar	1 c.	210 "
Water	1 c.	

Place the sugar and water in a saucepan. Cook over a moderate flame until the syrup is thick. It takes about 15 minutes. Drop the *nanka* and cover. Cook for 10 minutes. Serve cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,389 cals.	14 cals.	13.9	1.4
Protein	2.52 gms.	0.25 gms.	.8 *	.1 *
Fat	—	—	—	—
Carbohydrate	344.70 "	49.24 "	—	—
Calcium	.1926 "	.0275 "	6.9	0.9
Iron	.0063 "	.0009 "	12.7	1.8
Vitamin A	—	—	—	—
Vitamin B$_1$	—	—	—	—
Vitamin C	—	—	—	—
Riboflavin	—	—	—	—
Niacin	—	—		

* See Key to Abbreviations and Symbols, page xi.

PAPAYA-ADE

(4 servings)

Papaya, ripe	2 c.	460 gms.	(passed thru a sieve)
Sugar	⅔ c.	140 "	
Kalamansi juice	6 T.	90 "	10-12 med. size
Ice cubes	4		
Water	2 c.		

Mix the water, sugar, *kalamansi* juice, papaya pulp in a pitcher. Stir until the sugar is dissolved. When ready to serve add the ice cubes.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	834 cals.	208 cals.	8.3	2.1
Protein	3.36 gms.	.84 gms.	1.1 *	.3 *
Fat	4.60 "	1.15 "	—	—
Carbohydrate ...	194.82 "	48.70 "	—	—
Calcium	.087 "	.022 "	3.1	.7
Iron	.0014 "	.0003 "	3.1	.7
Vitamin A	11,500 I.U.	2,875 I.U.	71.8	14.4
Vitamin B_1	.11 mgs.	.03 mgs.	1.7	.3
Vitamin C	177 "	44 "	73.8	18.3
Riboflavin	.08 "	.02 "	.7	.1
Niacin	—	—	—	—

* See Key to Abbreviations and Symbols, page xi.

PAPAYA JAM

(5 servings)

Ripe papaya	2 c.	460 gms.	(Passed thru a sieve)
Sugar	1⅓ c.	315 "	
Kalamansi juice	3 T.		

Combine all the ingredients in a saucepan and cook until thick. It takes about 30 minutes over a low flame. Yields 1⅓ cups when cooked. Allow ¼ cup per serving.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,496 cals.	300 cals.	15	3
Protein	2.76 gms.	.55 gms.	.9 *	.2 *
Fat	4.60 "	.92 "	—	—
Carbohydrate	361.00 "	72.50 "	—	—
Calcium	.087 "	.017 "	3.1	.8
Iron	.00138 "	.00027 "	.1	—
Vitamin A	11,500 I.U.	2,300 I.U.	71.8	14.4
Vitamin B_1	.11 mgs.	.02 mgs.	1.7	.3
Vitamin C	75 "	15 "	31.2	6.2
Riboflavin	.08 "	.01 "	.7	.1
Niacin	—	—	—	—

* See Key to Abbreviations and Symbols, page xi.

PAPAYA MILK SHAKE

(4 servings)

Papaya (ripe)	2 c.	460 gms.	(mashed and passed thru a sieve)
Milk (evap.)	1 c.	227 "	
Sugar	⅔ c.	140 "	
Cubes of ice	4		

Mix the above ingredients in a pitcher of water. Add the ice cubes and shake. Serve cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,111 cals.	227 cals.	11.1	2.8
Protein	18.65 gms.	4.66 gms.	7.7	1.9
Fat	22.53 "	5.63 "	—	—
Carbohydrate	208.50 "	52.12 "	—	—
Calcium	.5751 "	.1437 "	20.5	5.1
Iron	.0016 "	.0004 "	3.3	0.8
Vitamin A	12,408 I.U.	3,102 I.U.	77.6	19.4
Vitamin B_1	.22 mgs.	.05 mgs.	3.4	.8
Vitamin C	150 "	35 "	62.5	15.0
Riboflavin	.90 "	.25 "	8.3	2.3
Niacin	.45 "	.11	.6	.2

PILE PASTE

(12 servings)

Pile nuts	2 c.	270 gms.	ground
Milk (evap.)	1 c.	227 "	
Sugar	1 c.	210 "	
Vanilla	1 T.		

Place all the ingredients except the vanilla in a skillet and cook over a low flame. Stir continuously to prevent scorching. It takes from 40 to 60 minutes. When done place on wax paper and roll about ½″ thick. Cut to rectangles 2″ long and 1½″ wide.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,563 cals.	130 cals.	15.63	1.30
Protein	53.31 gms.	4.44 gms.	22.2	1.8
Fat	43.54 "	3.63 "	—	—
Carbohydrate ...	239.38 "	19.94 "	—	—
Calcium	.5360 "	.0446 "	19.1	1.6
Iron	.0081 "	.0006 "	16.2	1.3
Vitamin A	908 I.U.	75 I.U.	5.7	0.5
Vitamin B_1	.11 mgs.	.01 mgs.	1.7	0.2
Vitamin C	—	—	—	—
Riboflavin	—	—	—	—
Niacin	.55 "	.04 "	0.8	—

PASTILLAS DE UBE

(50 servings)

Ube	4 c.	1,000 gms.	boiled and mashed
Sugar	3 c.	630 "	
Vanilla	2 T.		
Milk (evap.)	4 c.	880 "	

Combine the milk, *ube* and 2 cups of sugar in a pan. Cook over a low flame. Stir to prevent scorching until very thick. (It should reach the consistency which can be rolled.) It takes about 2 hours. When it is almost done add the vanilla and remove from the fire. Allow to cool and roll on a bread board.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	4,753 cals.	95 cals.	47.5	1.0
Protein	81.30 gms.	1.60 gms	33.7	.7
Fat	70.92 ”	1.41 ”	—	—
Carbohydrate	947.42 ”	18.94 ”	—	—
Calcium	2.0521 ”	.0410 ”	73.3	1.4
Iron	.0135 ”	.0003 ”	27	0.5
Vitamin A	3,520 I.U.	70 I.U.	33	0.4
Vitamin B_1	.94 mgs.	.01 mgs.	14.5	0.3
Vitamin C	70 ” †	1.4 ” †	2.9	0.5
Riboflavin	3.59 ”	.07 ”	33.2	0.7
Niacin	5.76 ”	0.11 ”	8	0.1

† See Key to Abbreviations and Symbols, page xi.

ROYAL BIBINGKA

(4 *bibingkas*)

Eggs	4	160 gms.	
Sugar	1 c.	210 ”	
Flour	2 c.	224 ”	
Baking powder	2 t.		
Coconut milk	1 c.	212 ”	
Cheese	4 T.	50 ”	grated
Water or thin coconut milk	½ c.		
Banana leaves			

Beat the whites and yolks of eggs separately until light and combine the two. Add the sugar little by little and continue beating. Then add the sifted dry ingredients alternately with the coconut milk and water. Pour in round agate plates lined with banana leaves. Bake in a moderate oven and when done sprinkle top with grated cheese and sugar. Serve hot with butter.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,785 cals.	696 cals.	27.8	6.9
Protein	64.10 gms.	16.03 gms.	26.7 *	6.6 *
Fat	110.24 "	27.56 "	—	—
Carbohydrate	384.20 "	96.05 "	—	—
Calcium	.5229 "	.1307 "	18.6	4.6
Iron	.00460 "	.0011 "	9.5	2.3
Vitamin A	2,694 I.U.	673 I.U.	16.8	4.2
Vitamin B_1	0.21 mgs.	.05 mgs.	3.2	.8
Vitamin C	—	—	—	—
Riboflavin	.794 "	.198 "	7.3	1.8
Niacin	.26 "	.06 "	.3	.07

* See Key to Abbreviations and Symbols, page xi.

SABA IN SYRUP

(6 servings)

Saba	3½ c.	540 gms.	cut crosswise ¼" thick
Sugar	2 c.	420 "	
Water	2 c.		

Place the sugar and water in a saucepan. Cook over a low flame for 15 minutes. Add the *saba*. Cover and cook until the *saba* is transparent. It takes about 20 minutes to cook it. Stir once in a while to prevent scorching.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,342 cals.	390 cals.	24.4	3.9
Protein	5.06 gms.	.84 gms.	1.6 *	.2 *
Fat	3.85 "	.64 "	—	—
Carbohydrate	571.83 "	95.30 "	—	—
Calcium	0.1312 "	.0218 "	7.7	1.2
Iron	.0076 "	.0012 "	15.2	2.5
Vitamin A	—	—	—	—
Vitamin B_1	—	—	—	—
Vitamin C	58 mgs.†	9 mgs.†	24	4
Riboflavin	—	—	—	—
Niacin	—	—	—	—

* † See Key to Abbreviations and Symbols, page xi.

SAGOBE

(10 servings)

Yellow *camote*	1 c.	167 gms.
Gabi root, e.p.	½ c.	144 "
Saba, e.p.	1 c.	177 "
Jackfruit	1 c.	100 "
Malagkit flour	1½ c.	
Coconut milk:		
Thick	2 c.	424 "
Thin	4 c.	
Sugar	1½ c.	300 "

Combine the *malagkit* flour and enough water to make a dough. Form into small balls and set aside.

In a saucepan place the thin coconut milk and bring to a boil. Add the *camote* and *gabi* and cook for 5 minutes. Add the *saba* and jackfruit. Cover and cook for another 5 minutes. Then add the *malagkit* balls and sugar. Stir and cook until the balls float. Lastly add the thick coconut milk. Cook for 2 minutes and remove from the fire. Serve hot or cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,568 cals.	257 cals.	25.6	2.5
Protein	14.86 gms.	1.49 gms.	4.6 *	.4 *
Fat	76.04 "	7.60 "	—	—
Carbohydrate ..	456.31 "	45.63 "	—	—
Calcium	.062 "	.006 "	2.2	.2
Iron	.00106 "	.00011 "	2.8	.3
Vitamin A	13,083 I.U.	1,308 I.U.	83	8.3
Vitamin B_1	.16 mgs.	.02 mgs.	2.5	.2
Vitamin C	—	—	—	—
Riboflavin	.09 "	.009 "	.8	.08
Niacin	2.18 "	.22 "	3	.3

See Key to Abbreviations and Symbols, page xi.

TOCINO DEL CIELO

(10 servings)

Sugar	2 cups	420 gms.	(Use 1¾ c. of sugar for syrup and ¼ c. sugar for the caramel)

Egg yolk	1 c.	200 "	14 med. or 16 small
Dayap rind	⅛ tsp.		
Kalamansi juice	¼ "		
Water	½ c.		

Place 1¾ c. sugar and water in a saucepan. Add the *kalamansi* juice and cook to 238°F. (soft-ball stage). Remove from the fire and cool. Add the eggyolks and stir. Mix well with a spoon. Avoid beating in order to obtain a smooth product. Set aside.

Meanwhile prepare caramel using ¼ c. of the sugar. Line the bottom of small cup cake pans (2½″ diameter) with the caramel syrup. Divide the mixture into 10 parts. Steam for about 40 minutes. If one has a pressure cooker, steam it for 3 minutes at 15 lbs. pressure.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	2,350 cals.	235 cals.	23.5	2.4
Protein	32.60 gms.	3.26 gms.	13.5	1.4
Fat	63.80 "	6.38 "	—	—
Carbohydrate ..	411.40 "	41.14 "	—	—
Calcium	.294 "	.029 "	10.4	1.0
Iron	.01440 "	.00144 "	30	3
Vitamin A	6,420 I.U.	642 I.U.	40	4
Vitamin B_1	.64 mgs.	.06 mgs.	10	1
Vitamin C	—	—	—	—
Riboflavin	1.04 "	.10 "	9.6	1.0
Niacin	—	—	—	—

YELLOW CAMOTE IN SYRUP

(6 servings)

Camote	3 c.	430 gms.	⅛" cubes
Sugar	1½ c.	315 "	
Water	¾ c.		

Place the sugar and water in a saucepan. Cook over a low flame until thick. Add the *camote* and cook until done. Serve cold.

SPECIFIC NUTRIENTS	FOOD VALUES IN:			
	Calories and Weights		Shares	
	Whole Recipe	One Serving	Whole Recipe	One Serving
Calories	1,800 cals.	300 cals.	18.0	3.0
Protein	7.78 gms.	1.29 gms.	2.4 *	.1 *
Fat	3.02 "	.50 "	—	—
Carbohydrate	435.53 "	72.25 "	—	—
Calcium	.129 "	.021 "	4.6	.7
Iron	.00302 "	.00050 "	6.3	1.0
Vitamin A	33,264 I.U.	5,542 I.U.	207.9	34.6
Vitamin B_1	.43 mgs.	.1 mgs.	6.7	1.1
Vitamin C	55 " †	9 " †	22.9	3.8
Riboflavin	.26 "	.04 "	1.1	.18
Niacin	3.02 "	.50 "	4.2	.7

* † See Key to Abbreviations and Symbols, page xi.

CHAPTER V

NUTRITIVE VALUE OF FOOD EXPRESSED IN SHARES

The method of presenting to the class the amount of food needed in order to meet the tentative dietary allowances for specific nutrients recommended by the Nutrition Section of the National Research Council of the Philippines (Table VI) has been a great teaching problem. Dr. Rose M. S. describes and recommends the share method of expressing the nutritive values of food based on the daily allowances for specific nutrients (182). The latest work of Taylor (183) is one of the most comprehensive work done along this line. The shares used by American authors are based on the recommended daily allowances for specific nutrients for Americans suggested by the Food and Nutrition Board of the National Research Council of America for Americans (184).

Dr. Rose defined one share as 1/30 of a day's allowance of 3,000 calories for a moderately active American or 100 calories. An average American needs therefore 30 shares of each of the different dietary nutrients a day. In this volume one share is equivalent to 1/25 of each of the different specific nutrients allowed to a moderately active Filipino. Twenty-five shares are used instead of 30 shares in the case of Americans because the average Filipino is allowed 2,500 calories instead of 3,000 calories a day for Americans. It will be noted in Table VI that a moderately active Filipino is allowed 2,600 calories a day. The nearest five hundred was taken. Following Rose's recommendation of using the calorific requirement of a moderately active man as the representative figure, we therefore have 2,500 calories for Filipinos as a basis for our allowances. One share is equivalent to 100 calories which is 1/25 of 2,500 calories for Filipinos. Therefore a moderately active Filipino will need 25 shares of each of the different specific nutrients.

The value of one share which is 1/25 of each nutrient based on the dietary allowances (Table VI) for a moderately active Filipino is as follows:

TABLE X

NUTRIENTS	VALUE OF ONE SHARE OR 1/25 OF THE DAILY ALLOWANCE FOR A MODERATELY ACTIVE FILIPINO
Calories	100.000 calories
Protein	2.400 grams *
Calcium	0.028 gram
Iron	0.480 mg. or .0005 gm.
Vitamin A	160.000 International Units
Thiamin or Vitamin B$_1$	0.064 mg. of thiamine
Ascorbic acid or Vitamin C	2.400 mgs.
Riboflavin	0.108 mg.
Niacin	0.720 mg.

* Based on 60 grams of protein a day.

In order to determine the number of shares needed by other groups of individuals such as a very active man, a sedentary man, a moderately active woman, pregnant woman, lactating mother, children one to three years, etc., divide the daily allowances by the value of one share of each of the different nutrients as given in Table X. For instance in Table XI the daily allowances for a lactating mother as taken from Table VI and the number of shares of each nutrient may be seen thus:

TABLE XI

ALLOWANCES FOR A LACTATING MOTHER **	VALUE OF ONE SHARE ***	NUMBER OF SHARES FOR A LACTATING MOTHER *
2,800 calories	100	28
120 gms. of protein	2.400 gms.	50
2 gms. of calcium	0.028 gms.	72
15 mgs. of iron	0.480 mgs.	31
7,000 I.U. of Vitamin A	160.000 I.U.	43
2 mgs. of thiamine	0.064 mg.	31
140 mgs. of ascorbic acid	2.400 mgs.	58
300-600 I.U. of Vitamin D	12.030 I.U.	25–50
3 mgs. of riboflavin	0.108 mg.	28
23 mgs. of niacin	0.720 mg.	32

* Divide column I by column II—you get column III

** See Table VI under lactating mother

*** See Table X.

TABLE XII

RECOMMENDED DAILY ALLOWANCES FOR SPECIFIC NUTRIENTS IN SHARES ** (FOR FILIPINOS)

	CALORIES	PROTEIN	CALCIUM	IRON	VITAMIN A	THIAMINE	VITAMIN C	VITAMIN D	RIBO-FLAVIN	NIACIN
Man (53 kgs.) Moderately active	25	25 *	25	25	25	25	25	—	25	25
Very active	34	25 *	25	25	25	31	25	—	30	32
Sedentary	21	25 *	25	25	25	20	25	—	20	21
Woman (45 kgs.) Moderately active	23	25 *	25	25	25	22	23	—	20	21
Very active	30	25 *	25	25	25	28	23	—	25	25
Sedentary	19	25 *	25	25	25	17	23	—	16	17
Pregnancy latter half ...	23	37	50	31	31	31	37	25–50	23	25
Lactation	28	50	72	31	43	31	58	25–50	28	32
Children up to 12 years Under one year	1/kg.	1.7/kg.	36	12	9	9	8	25–50	6	6
1– 3 years	12	17	36	15	13	8	15	—	8	8
4– 6 years	14	21	36	17	16	9	17	—	11	11
7– 9 years	18	25	36	21	18	13	23	—	14	14
10–12 years	23	29	43	25	25	16	29	—	17	17
Children over 12 years Girls 13–15 years	25	37	47	31	27	17	31	—	18	19
16–20 years	22	35	36	31	25	15	31	—	16	17
Boys 13–15 years	28	41	50	31	31	20	35	—	23	22
16–20 years	36	50	50	31	41	25	42	—	28	28

** These allowances for specific nutrients recommended by the Nutrition Section of the *National Research Council* of the Philippines approved on October 3, 1941, have been translated in shares.

* Based on 60 grams of protein a day.

The same procedure has been done to all groups as may be seen in Table XII (Recommended daily allowances for specific nutrients in shares).

Looking at Table XII the allowances of some nutrients for the following groups exceed those of the moderately active man in the following percentages:

Table XIII

	Increase over the moderately active man %
Calcium allowance	
Pregnant mother	100
Lactating mother	188
Infancy to 9 years	44
Girls (13-15 years)	88
Girls (16-20 years)	44
Boys (13-20 years)	100
Protein allowance	
Lactating mother	100
Boys (13-15 years)	64
Boys (16-20 years)	100
Vitamin A allowance	
Lactating mother	72
Boys (16-20 years)	64
Vitamin C allowance	
Lactating mother	132
Boys (16-20 years)	68

TABLE XIV

SHARES

	CALORIES	PROTEIN	CALCIUM	IRON	VITAMIN A	VITAMIN B_1	VITAMIN C	RIBOFLAVIN	NIACIN
Total number of shares for the day for family A[a]	123	162	183	133	136	97	144	101	103
A moderately active man	25	25	25	25	25	25	25	25	25
A sedentary woman	19	25	25	25	25	17	23	16	17
A young boy (16-20 years)	36	50	50	31	41	25	42	28	28
A young girl (13-15 years)	25	37	47	31	27	17	31	18	19
A small boy (7-9 years)	18	25	36	21	18	13	23	14	14

A family of five members:

[a] Family A:

a moderately active man
a sedentary woman
a young boy (16-20 years)
a young girl (13-15 years)
a small boy (7-9 years)

TABLE XV

	CALORIES	PROTEIN	CALCIUM	IRON	VITAMIN A	VITAMIN B_1	VITAMIN C	RIBO-FLAVIN	NIACIN
Total number of shares for the day for family B *	130	125	125	125	125	125	121	120	121
2 men, moderately active	50	50	50	50	50	50	50	50	50
2 women, moderately active	46	50	50	50	50	44	46	40	42
1 man, very active	34	25	25	25	25	31	25	30	32

A family of five—all adults:

* Family B:

2 men, moderately active
2 women, moderately active
1 man—very active (a houseboy or gardener)

TABLE XVI

	CALORIES	PROTEIN	CALCIUM	IRON	VITAMIN A	VITAMIN B_1	VITAMIN C	RIBO-FLAVIN	NIACIN
Total number of shares for the day for family C*	97	125	172	113	110	95	117	87	90
A moderately active man	25	25	25	25	25	25	25	25	25
A pregnant woman (latter half)	23	37	50	31	31	31	37	23	25
A boy (1-3 years)	12	17	36	15	13	8	15	8	8
A girl (4-6 years)	14	21	36	17	16	9	17	11	11
A moderately active woman	23	25	25	25	25	22	23	20	21

A family of five members:

* Family C:

a moderately active man
a pregnant mother
a boy—1-3 years
a girl—4-6 years
a moderately active woman (maid)

TABLE XVII

MENU FOR FAMILY A IN SHARES

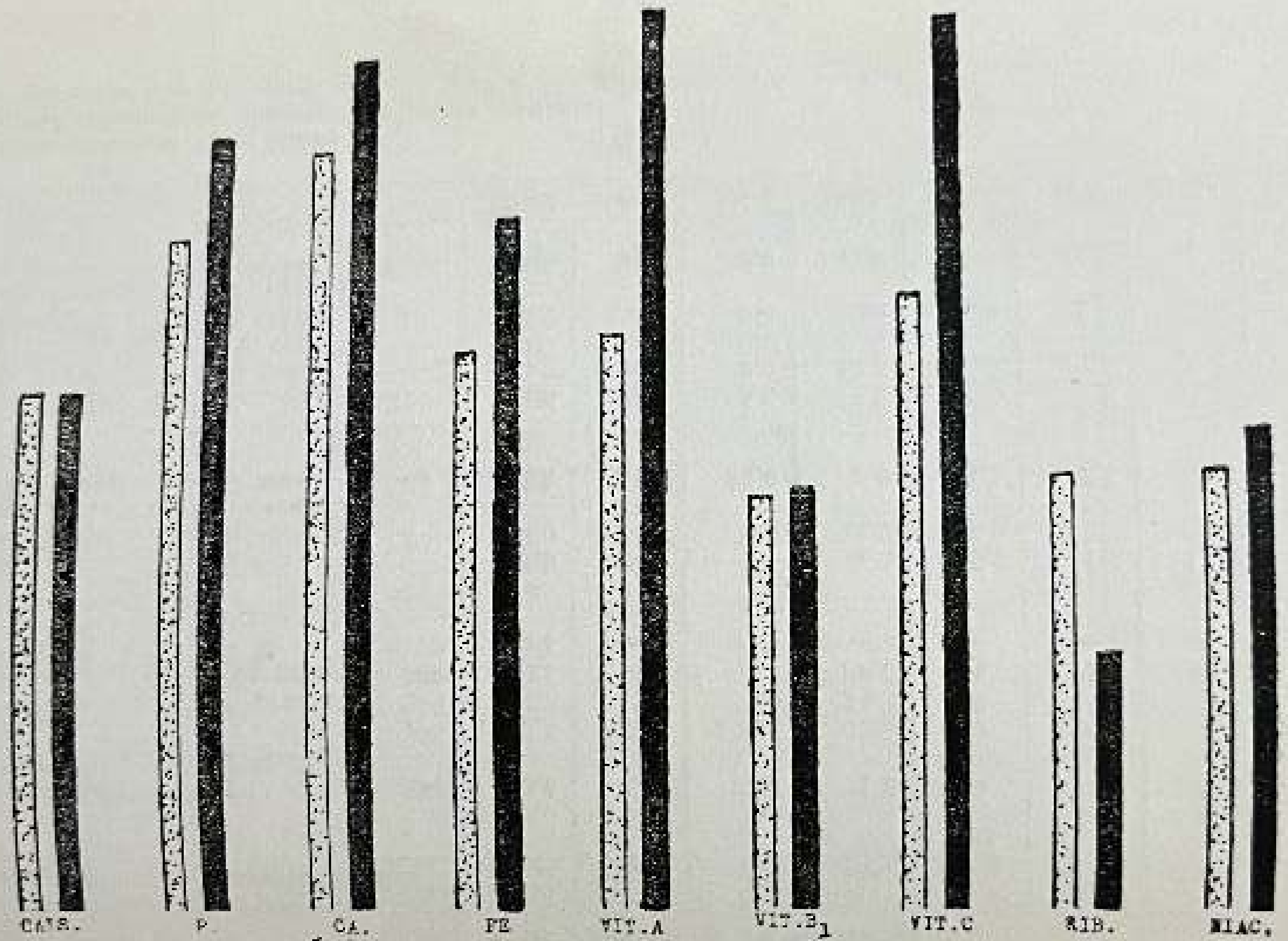
MENU	MEASURE	WT. IN GMS.	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
Breakfast:											
Milk evaporated (a)	1¾ c.	397	5.6	11.5	33.7	1.6	10	3.2	1.6	13.0	1.2
Rice (c)	5 c. cooked										
Dilis dried (a)		100	2.5	22.3	102.4	47.0	20	6.3	0	0.9	8.4
Eggs whole (a)	5 pcs.	250	4.0	12.5	5.0	14.5	16	5.8	0	7.8	0.3
Papaya (a)	½ large pc.	500	2.5	1.0	4.0	29.0	98	2.5	104	1.5	2.0
Sugar (a)	5 T.	70	2.8	—	—	—	—	—	—	—	—
Luncheon:											
Bofis (b)	5 serv.	—	11.0	24.5	0.5	8.5	7.5	1.0	14.5	0.5	0.2
Pinacbet (b)	5 serv.	—	14.0	24.5	3.5	14.0	13.0	15.5	20	3.2	13.5
Rice (c)	5 c. cooked										
Calamansi ice cream ...	5 serv.	—	12.5	11.5	39.0	3.0	11.5	3.5	8.0	15.0	1.5
Supper:											
Bañgus sarciado (b) ...	5 serv.	—	7.5	26.5	3.5	8.0	5.5	5.0	15.0	2.5	16.0
Lumpia No. II (b)	10 pcs.	—	13.0	22.5	9.5	17.5	35.0	17.5	46.0	9.5	11.5
Rice (c)	5 c. boiled										
Corn *guinatan* (b)	5 serv.	—	13.2	4.7	0.5	2.0	2.0	2.5	5.0	1.5	3.5
Rice for whole day (c) ...	5 c. raw or 15 c. boiled	1,000	35.0	24.0	3.0	15.0	0	36.0	0	4.0	53.0
Totals		—	123.6	185.5	204.6	160.1	218.5	98.8	214.1	59.4	111.1

(a) Figures obtained from Table XX.

(b) Figures obtained in Chapter III under recipes.

(c) See figures of rice for whole day. 1 c. raw rice gives around 3 c. boiled rice.

SHARES FOR FAMILY A



Each square represents 5 shares.
The dotted bars = Obtained from Table XIV recommended daily allowance, P.N.R.C.
Dark bars = Shares of Menu in Table XVII.

CHART 3

TABLE XVIII

MENU FOR FAMILY B (2 men, moderately active; 2 women, moderately active; 1 man, very active)

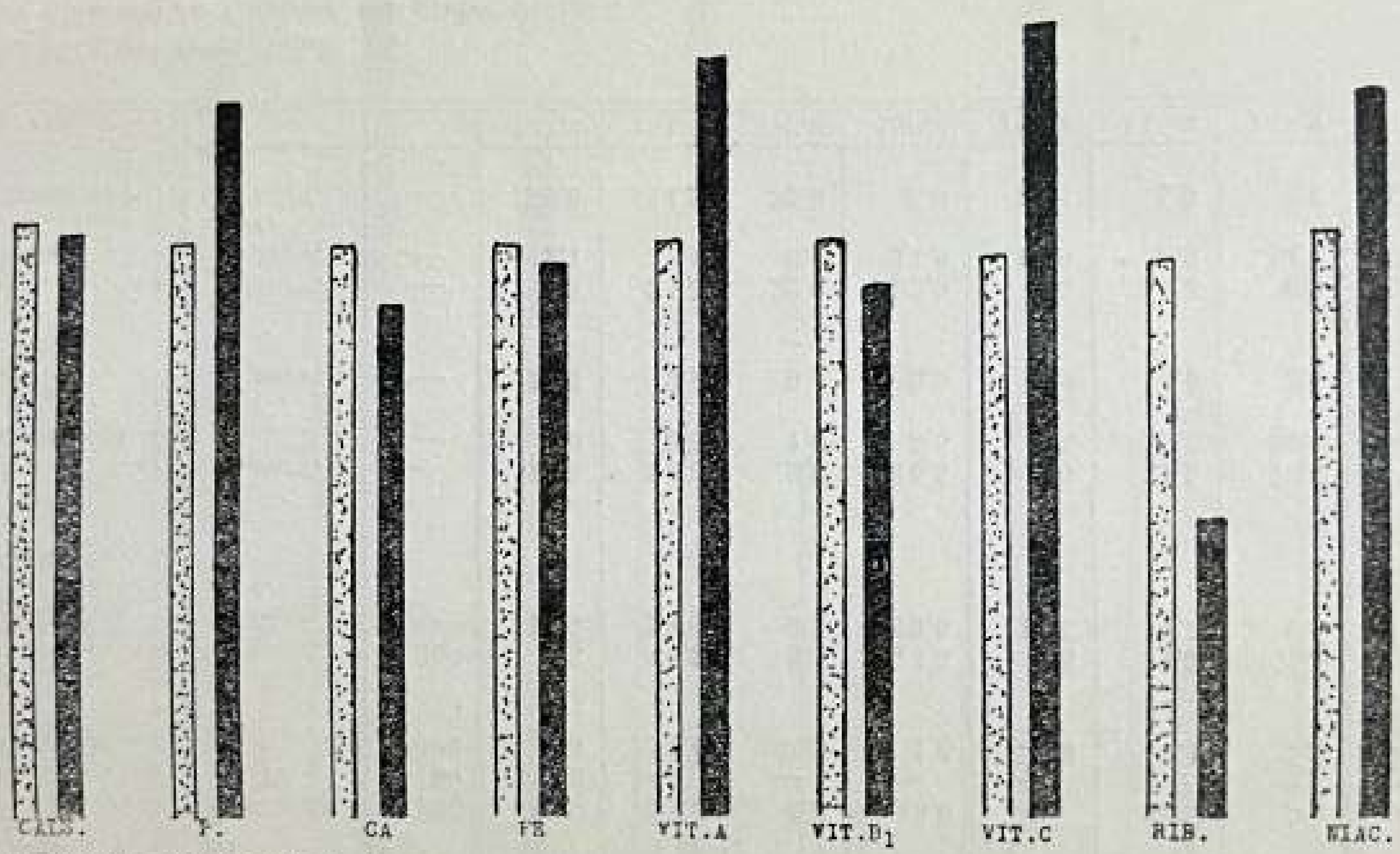
MENU	MEASURE	WT. IN gms.	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B1	VIT. C	RIBO.	NIACIN
For whole day:											
Rice (a)	6 c. raw	1,200	42.0	28.8	3.6	18.0	0	43.2	0	4.8	63.6
Sugar (a)	6 T.	80	3.2	—	—	—	—	—	—	—	—
Milk evaporated (a)	1 c.	392	5.5	11.4	33.3	1.6	9.8	3.1	1.6	12.9	1.2
Breakfast:											
Pomelo (a)		250	1.3	0.5	2.5	14.5	0.8	1.3	75.0	2.3	0.8
Salmon *Tortilla* (b)	5 serv.	—	10.5	28.0	5.5	19.0	15.5	8.5	9.0	10.6	29.0
Fried rice (c)	6 c.										
Coffee with milk											
Luncheon:											
Dinuguan (b)	5 serv.	—	11.0	18.0	2.0	10.5	5.0	14.5	10.0	0.5	10.0
Amargoso guisado (b) ..		—	8.0	3.5	1.0	3.0	2.5	12.5	50.0	4.0	8.0
Rice (c)	6 c.										
Minukmok (b)	5 serv.	—	10.2	2.9	0.4	3.9	2.2	4.9	1.1	2.0	0.2
Supper:											
Beef Mole (b)	5 serv.	—	14.0	34.5	22.0	35.0	3.5	16.0	6.0	6.0	32.5
Guinatan kalabasa	5 serv.	—	12.1	13.4	6.8	11.8	111.0	6.3	14.6	4.8	7.0
Rice (c)	6 c.										
Avocado ice cream (b) ..	5 serv.	—	10.0	14.0	35.5	3.0	12.5	5.0	3.5	14.5	2.0
Totals			127.8	154.5	112.6	120.3	162.8	115.3	170.8	62.3	154.3

(a) Figures obtained from Table XX.

(b) Figures obtained in Chapter **III** under recipes.

(c) See figures of rice for whole day. 1 c. raw rice gives around 3 c. boiled rice.

SHARES FOR FAMILY B



Each square represents 5 shares.
The dotted bars = Obtained from Table XV recommended daily allowance, P.N.R.C.
Dark bars = Shares of Menu in Table XVIII.

CHART 4

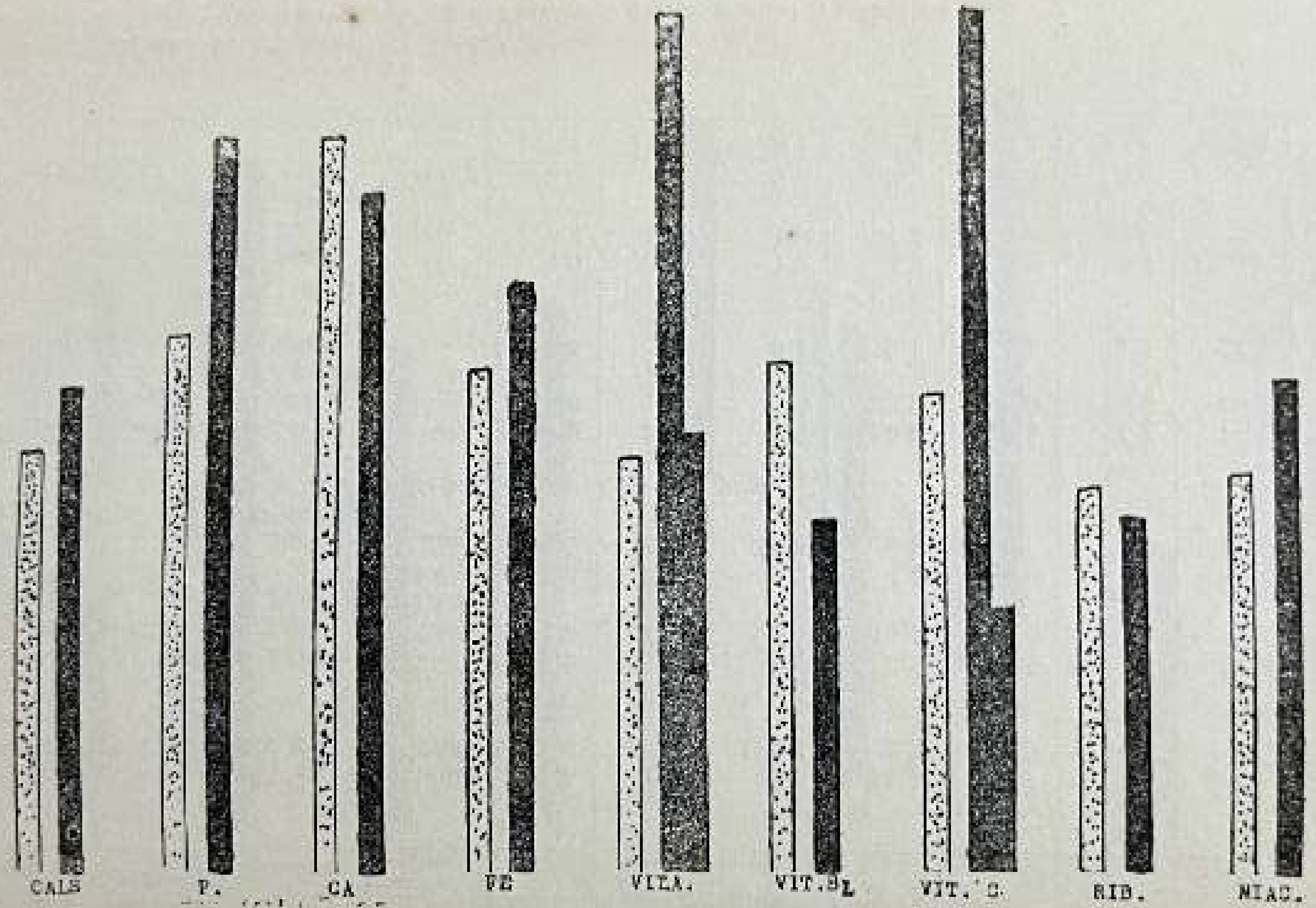
TABLE XIX

MENU FOR FAMILY C IN SHARES (moderately active man, a pregnant mother, a boy 1-3 years, a girl 4-6 years, a moderately active woman)

MENU	MEASURE	WT. IN GMS.	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B1	VIT. C	RIBO.	NIACIN
For whole day:											
Rice (converted) (a)	4½ c.	900	31.5	21.6	2.7	13.5	0	32.4	0	3.6	47.7
Milk evaporated (a)	3 cans	1,326	18.6	38.5	112.7	5.3	33.2	10.6	5.3	43.8	3.9
Breakfast:											
Papaya Ade (b)	5 serv.	—	8.3	1.1	3.1	3.1	71.8	1.7	73.8	0.7	—
Eggs (a)	5 pcs.	250	4.0	12.5	5.0	14.5	16.0	5.8	0	7.8	0.3
Tinapa fried (a)	10 pcs.	200 a.p. 150 e.p.	2.3	20.7	3.5	4.4	—	—	—	3.9	6.00
Tomatoes (a)	5 pcs.	250	0.5	0.8	12.3	8.0	—	3.3	28.0	0.8	1.8
Rice boiled (c)	4 c. boiled 1 c. soft boiled for the child 1-3 yrs.										
Luncheon:											
Almondigas w/*misua* (b)	5 serv.	—	10.0	25.0	4.5	20.0	10.5	5.5	—	13.5	39.0
Fruit salad III (b)	5 serv.	—	10.0	3.5	7.5	38.0	60.0	5.5	86.5	2.0	4.5
Rice boiled (c)	4 c. boiled										
Papaya jam (b)	5 serv.	—	15.0	0.9	3.1	0.1	71.8	1.7	31.2	0.7	—
Supper:											
Tocho (b)	5 serv.	—	7.0	32.5	1.0	8.5	2.0	0.1	5.0	0.5	0.1
Laksa (b)	5 serv.	—	3.4	14.5	1.0	17.5	39.0	12.5	7.0	3.0	6.5
Rice boiled (c)	4 c. boiled										
Banana - (*lacatan*)	5 pcs.	250 e.p.	2.5	1.0	2.0	3.5	2.0	3.0	25.0	0.5	2.0
Totals		—	113.1	172.1	158.4	136.4	306.3	82.1	261.8	80.8	111.8

(a) Figures obtained from Table XX.
(b) Figures obtained in Chapter III under recipes.
(c) See figures of rice for whole day. 1 c. raw rice gives around 3 c. boiled rice.

SHARES FOR FAMILY C



Each square represents 5 shares.
The dotted bars = Obtained from Table XVI recommended daily allowance, P.N.R.C.
Dark bars = Shares of Menu in Table XIX.

CHART 5

Using Table XII as a guide one can plan a day's intake. Tabulate the recommended daily allowances for specific nutrients in shares using Table XII then get the total under each nutrient. See Tables XIV, XV and XVI. Charts 3, 4 and 5 are graphic representations of the sum total for families A, B and C respectively as computed in Tables XVII, XVIII and XIX. The shaded portions are the recommended daily allowance in shares obtained from Table XII while the dark, heavy bars represent the shares of the three menus in Tables XVII, XVIII and XIX. Graphing papers are very useful in the preparation of these vertical bars. One can decide whether she will use an interval of 5 or 10.

Plan a day's menu using the recipes in Chapter V and the food values in shares in Table XX. Graph the menus on a graphing paper. Use crayolas or water color. Each nutrient may be represented in a different color.

Food values in shares in Table XX may be graphed on a graphing paper. Each square in a graphing paper may represent a share.

TABLE XX

FOOD VALUES IN SHARES OF SOME COMMON FOODS USED IN THE PHILIPPINES

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
1. *Milk, Cream*											
Buttermilk, powdered	—	100	3.3	10.9	3.8	0.6	—	—	—	—	—
Buttermilk, cultured	—	100	0.4	1.5	4.2	0.1	Trace	0.6	0.4	1.7	0.7
Chocolate-flavored milk	—	100	0.8	1.3	3.9	0.1	0.6	0.5	0	1.5	0.1
Condensed milk, sweetened	—	100	3.4	3.4	10	.4	3	2	.4	4	.3
Dried skimmed milk	—	100	3.6	14.9	45.3	1.7	.4	5.5	3	14	.1
Dried whole milk	—	100	5	11	34	2	9	5	3	14	1
Evaporated milk	—	100	1.4	2.9	8.5	0.4	2.5	0.8	0.4	3.3	0.3
	1 cup	230	3.2	6.7	19.6	0.9	5.8	1.8	0.9	7.7	0.6
Fresh skim milk	—	100	0.4	1.5	4.2	0.1	Trace	0.6	0.4	1.7	0.1
Fresh whole milk	—	100	0.7	1.5	4.2	0.1	1.0	0.6	0.4	1.6	0.1
Carabao's milk	—	100	1.2	2.4	5.9	4.2	0.5	0.8	0.4	0.9	5.6
Cow's milk	—	100	0.7	1.5	5.2	4.2	0.9	0.6	0.4	1.4	0.1
Goat's milk	—	100	0.8	1.5	4.7	0.8	0.8	0.9	0.5	0.9	2.8
Condensed skimmed milk	—	100	2.8	3.9	11.4	0.6	0.1	1.6	0.4	3.3	0.3
Reconstituted milk	—	100	0.8	1.3	—	—	—	—	—	—	—
Ice cream, plain	—	100	2.1	1.7	5.1	0.2	3.4	0.6	Trace	1.8	0.1
Cream (20 per cent) sweet or sour	—	100	2.1	1.2	3.5	0.1	5.2	0.5	0.1	1.3	0.1
Cream	—	100	2.3	1.2	2.8	0.2	5.6	0.3	0	1.2	0.1
2. *Cheese*											
Cheddar type cheese	—	100	3.9	9.9	31.2	1.2	10.9	0.6	0	4.6	0.3
Cottage cheese	—	100	1.1	8.0	2.9	0.9	0.2	0.4	0	2.7	0.1
Native cheese	—	100	2.8	7.4	26.9	—	—	—	—	—	—
Imported cheese	—	100	3.6	10.1	34.1	0.2	10.9	0.5	0	3.3	0.2
Cream cheese	—	100	3.7	2.9	10.6	0.4	13.8	0.2	0	1.3	0.1
Processed canned cheese (Cheddar type)	—	100	3.8	9.1	25.6	1.6	7.9	0.5	0	4.0	0.1
All other cheese	—	100	3.9	9.9	3.2	1.2	12.8	0.6	0	4.8	0.3

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
3. *Eggs*											
Yolk, Hen's	—	100	3.5	6	5.3	15.0	20.1	3.0	0	4.8	Trace
	1 cup (14 ylks.)	238	8.4	16.0	12.5	35.7	47.7	7.1	0	11.5	Trace
White, Hen's	—	100	0.6	5.	0.5	0.2	0	0.1	0	2.8	0.1
	1 cup	237	1.3	12.6	1.3	0.5	0	0.7	0	6.6	0.1
White, Duck's	—	100	0.5	7.6	0.5	0.2	0	0.3	0	2.8	0.1
Whole, Hen's	—	100	1.6	5	2.0	5.8	6.4	2.3	0	3.1	0.1
	1 sm. size	40	0.6	2.1	0.8	2.3	2.5	0.9	0	1.3	0.1
	1 white leghorn	50	0.8	2.6	1.0	2.9	3.1	1.2	0	1.6	0.1
	1 white leghorn (large)	65	1.1	3.4	1.3	3.8	4.1	1.5	0	2.1	0.1
Whole dried	—	100	5.9	20.1	6.7	18.1	27.9	5.5	0	11.4	0.3
Whole fresh	—	100	1.6	5.3	1.9	5.6	7.1	1.9	0	3.1	0.1
	1 sm. size	40	0.6	2.1	0.8	2.3	2.9	0.8	0	1.3	0.1
	1 white leghorn	60	0.8	2.7	1.0	2.8	3.6	0.9	0	1.6	0.1
	1 white leghorn (large)	65	1.1	3.5	1.3	3.7	4.6	1.2	0	2.1	0.1
Yolk, Duck's	—	100	3.9	6.7	5.3	15.0	22.6	8.3	0	4.8	Trace
Whole, Duck's	—	100	1.7	6.3	3.2	4.4	7.7	3.9	0	3.1	0.1
Incubated, whole (balut) raw	—	100	1.7	5.3	2.8	—	—	—	—	—	—
Incubated, whole (balut) cooked	—	100	1.7	6.0	4.2	0.7	—	—	1.3	—	1.3
Preserved, Chinese	—	100	1.5	5.5	—	—	—	—	—	—	—
Infertile hard boiled (Penoy)	—	100	1.9	5.5	0.8	5.6	7.1	4.2	0	2.2	0.1
Soft boiled (Duck's)	—	100	1.7	4.6	1.9	5.6	7.1	1.3	0	2.2	0.1

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
4. Meat											
Beef											
Whole carcass, ave. values	—	100	2.5	7.4	0.4	5.8	0.3	1.6	0	1.5	6.7
Chopped meat	—	100	3.2	6.7	0.3	5.0	0	1.5	0	1.2	6
Hamburger	—	100	3.2	6.7	0.3	5.0	0	1.6	0	1.2	6.0
Loin steaks	—	100	2.9	7.1	0.4	5.2	0	1.6	0	1.3	6.4
Rib roast or steak	—	100	2.8	7.3	0.4	5.4	0	1.7	0	1.3	6.5
Round steak	—	100	1.9	8.1	0.4	6.1	0	1.9	0	1.4	7.2
Rump roast	—	100	3.4	6.5	0.3	4.8	0	1.6	0	1.1	5.8
Soup meat (wholesale shanks)	—	100	1.6	8.5	.4	6.3	0	2.1	0	1.5	7.6
Stew meat (73 per cent lean)	—	100	3.3	6.6	0.3	5.0	0	1.6	0	1.1	6.0
Roast canned	—	100	2.2	10.4	0.3	4.6	0	0.3	0	2.2	6.3
Roasting meat	—	100	1.9	7.8	0.3	5.8	0	1.8	0	1.3	7.1
Stewing meat	—	100	2.3	7.5	0.3	5.6	0	1.7	0	1.3	6.8
Chuck roast (wholesale chuck)	—	100	2.2	7.7	0.3	5.8	0	1.8	0	1.3	6.9
Corned beef, canned	—	100	2.3	10.1	1.0	8.3	0	0.3	0	1.7	3.7
Dried or chipped	—	100	2.0	14	0.7	10.6	0	1.7	0	2.0	5.1
Carabao	—	100	1.2	8.2	—	—	—	—	—	—	—
Goat	—	100	1.6	7.5	0.4	5.6	0	3.1	0	2.5	6.9
Lamb											
Sirloin chop (Wholesale leg)	—	100	2.3	7.5	0.4	5.6	0	3.3	0	2.4	8.2
Shoulder roast (wholesale 3-rib)	—	100	2.9	6.5	0.3	4.8	0	2.8	0	2.1	7.2
Legroast (wholesale leg) .	—	100	2.3	7.5	0.4	5.6	0	3.3	0	2.4	8.2
Carcass side: Fat	—	100	4.1	5.4	0.3	4.2	0	2.3	0	1.8	6.0
Carcass side: Intermediate	—	100	3.1	6.5	0.3	5.0	0	2.8	0	2.1	7.2
Carcass side: thin	—	100	2.1	7.1	0.4	5.4	0	3.1	0	2.3	7.8
Pork, lean	—	100	2.9	6.3	0.3	3.9	0	11.7	0	1.9	5.6

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B1	VIT. C	RIBO.	NIACIN
		gms.									
Medium fat	—	100	4.5	5.0	0.3	3.8	0	6.3	0	1.4	4.4
Spare ribs	—	100	3.5	6.1	0.3	4.6	0	14.4	0	1.7	5.4
Loin	—	100	2.9	6.8	0.4	5.2	0	16.3	0	1.9	6.1
Sausage	—	100	2.2	4.4	1.0	2.1	0	2.7	0	1.9	2.5
Other sausages	—	100	2.3	5.9	0.6	4.6	0	2.9	0	1.9	3.8
Bacon, Lean	—	100	1.8	2.9	0.5	1.8	0	13.1	0	2.4	2.0
Fatty	—	100	3.9	7.9	0.5	1.8	0	13.1	0	2.4	2.0
	4 strips 8½" long	80	3.1	6.3	0.4	1.5	0	10.5	0	1.9	1.7
	8½" 1 strip long	20	0.7	1.5	0.1	0.3	0	2.6	0	0.4	0.4
Ham, fresh	—	100	3.4	6.3	0.3	4.8	0	15.0	0	1.8	5.7
Smoked	—	100	3.8	7.1	0.4	5.2	0	12.2	0	1.8	5.3
Veal (Stew meat)	—	100	2.3	7.6	0.4	5.6	0	2.7	0	2.4	8.3
Leg roast	—	100	180	7.9	0.4	6.1	0	2.7	0	2.5	8.8
Cutlet (wholesale round)	—	100	1.6	8.1	0.4	6.1	0	2.8	0	2.6	8.9
Chops (wholesale loin)	—	100	1.8	8.5	0.4	6.1	0	2.8	0	2.5	8.8
Carcass side (excluding kidney fat)	—	100	2.2	7.7	0.4	5.8	0	2.7	0	2.4	8.5
Carcass side excluding kidney fat (thin)	—	100	1.5	8.2	0.4	6.3	0	2.8	0	2.6	9.1
Meat Mixtures:											
Tongue, fresh, medium fat	—	100	2.1	6.8	1.1	14.4	0	3.4	0	2.5	6.9
Stew (meat and vegetables) canned	—	100	1.3	4.9	1.3	2.9	11.2	0.6	1.7	1.2	3.4
Spaghetti with meat,											

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT gms.	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B1	VIT. C	RIBO.	NIACIN
(canned)	—	100	1.4	4.2	1.4	3.8	3.0	0.3	—	1.2	3.1
Pork sausage, bulk, (canned)	—	100	2.8	6.7	0.6	4.6	0	3.0	0	1.9	3.9
Pork and gravy, (canned)	—	100	2.1	6.4	0.6	3.4	0	3.0	0	2.3	3.8
Luncheon meat, (canned)	—	100	2.7	6.4	0.8	2.9	0	8.6	0	1.9	3.8
Liver sausage	—	100	2.6	6.9	0.4	11.3	35.9	2.7	0	10.4	6.4
Liver fresh	—	100	1.3	8.3	0.3	25.2	120.0	4.2	12.9	25.9	22.4
Hash, meat and vegetable, (canned)	—	100	1.3	4.2	0.5	2.5	0	0.7	2.5	1.1	3.5
Hash, corned beef (canned)	—	100	1.5	6.3	0.9	2.7	0	0.3	0	1.2	3.4
Ham and eggs, canned	—	100	2.3	6.0	1.6	4.6	3.2	2.5	0	2.3	2.4
Frankfurters	—	100	2.1	6.4	0.4	4.8	0	3.0	0	2.2	3.4
Chile con carne, without beans, canned	—	100	2.09	4.3	0.8	1.5	1.0	0.2	0	0.9	2.9
Beef and gravy, canned	—	100	1.9	8.1	0.7	5.7	0.2	1.4	0	1.8	3.8
Bologna	—	100	2.2	6.2	0.4	4.6	0	4.9	0	2.8	4.2
Vienna sausage, canned	—	100	2.1	6.7	0.7	1.3	0	1.1	0	1.4	4.3
Internal organs & others:											
Blood	—	100	0.7	5.5	—	—	—	0.3	—	—	—
	1 cup (pig's)	235	1.7	13.1	—	—	—	0.7	—	—	—
Brains, all kinds	—	100	1.2	4.3	0.6	7.5	0	3.6	7.5	2.4	6.1
Hearts	—	100	1.7	6.7	0.6	7.3	18.8	4.7	1.7	15.9	22.2
Kidneys	—	100	1.1	6.8	0.3	8.5	6.3	4.7	4.6	18.5	9.8
Livers	—	100	1.4	8.5	0.4	15.0	143.8	4.7	12.9	25.9	22.2
	5 slices beef liver 1 cup finely	500	7.2	8.5	1.8	75.0	718.7	23.4	64.5	129.6	111.1

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT gms.	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B1	VIT. C	RIBO.	NIACIN
	ground	200	2.9	42.3	0.7	30.0	287.5	9.4	25.8	51.8	44.4
Pork: Sausage	—	100	4.5	4.5	0.2	3.3	0	3.4	0	1.4	3.2
Poultry:											
Chicken, plucked and drawn	—	100	1.9	8.4	0.6	3.9	0	1.7	0	1.7	11.9
	1 med. size	455	8.5	38.3	2.6	1.8	0	7.8	0	7.6	54.3
	½ breast	100	1.9	8.4	0.6	3.9	0	1.7	0	1.7	11.9
Ducks and Geese	—	100	3.3	6.2	0.4	4.8	0	6.1	0	2.3	4.2
Turkey, medium fat	—	100	2.6	8.4	0.8	7.9	Trace	1.9	—	1.8	11.0
Chicken roasters	—	100	1.9	8.4	0.6	3.9	Trace	1.7	—	1.7	11.9
Chicken, boned, (canned)	—	100	1.8	9.1	1.1	4.0	Trace	0.2	0.8	1.4	5.1
5. *Fish and other Sea Food*											
Fresh:											
Fish, fatty	—	100	1.8	7.6	1.3	2.1	0	0.9	0	0.4	5.6
Fish, nonfatty	—	100	1.0	7.6	1.2	2.1	0	0.9	Trace	0.6	5.9
Abe	—	100	0.9	7.3	—	—	—	2.5	—	0.6	2.5
Banak (mullet, young)	—	100	1.1	8.5	3.6	9.1	—	—	—	—	—
Apahap	—	100	1.0	8.5	—	2.7	—	—	—	—	—
Ayungin	—	100	0.8	7.8	—	—	0.1	1.9	0	1.5	1.4
Bacalao	—	100	0.7	6.9	0.4	0.8	0	0.9	0.8	0.8	3.1
Bangus	—	100	1.2	8.5	0.9	—	—	2.7	—	—	—
	1 large	700	8.5	59.2	6.4	—	—	18.6	—	—	—
	1 slice (3½" l. x 1½" w. x ½" th.)	55	0.7	4.7	0.5	—	—	1.5	—	—	—
Goby	—	100	0.8	7.3	0.8	—	—	—	—	—	—
Dalag	—	100	0.7	7.0	0.7	—	—	—	—	—	—
	1 med. size	600	4.3	42.2	4.0	—	—	—	—	—	—
Dapa	—	100	0.9	8.3	2.2	1.7	—	0.9	—	4.6	2.4

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
Haddock	—	100	0.7	7.6	0.8	1.5	—	0.8	0	0.7	3.3
Halibut	—	100	1.2	7.8	0.5	1.5	2.8	1.1	0	0.6	12.8
Hasahasa	—	100	1.1	9.5	0.2	2.1	0.9	1.9	0	3.2	11.7
	1 med. size	40	0.1	3.8	0.1	0.8	0.4	0.8	0	1.3	4.7
	1 large size	50	0.6	4.8	0.1	1.1	0.5	0.9	0	1.6	5.8
Hito	—	100	1.1	7.4	0.3	—	—	—	—	—	—
Kabasi	—	100	1.0	8.1	—	3.1	—	2.3	—	2.2	11.7
Kandule	1	100	0.8	7.2	10.7	0.1	—	—	—	—	—
	1 med. size	300	2.3	21.6	32.1	0.2	—	—	—	—	—
Labahita (Surgeon fish)	1	100	1.1	8.0	—	—	5.0	0.8	—	0.9	5.6
Lapad	—	100	1.1	9.2	0.4	2.3	0.6	0.3	—	2.1	3.1
Liwalo or *tinikan*	—	100	1.1	7.8	0.5	1.1	—	—	—	—	—
Malasugi	—	100	1.1	8.0	0.7	1.9	0.1	0.8	—	0.5	12.6
Maya-maya (Red snapper)	—	100	1.4	7.7	—	0.8	—	5.6	—	—	—
Maya-maya (Stripped snapper)	—	100	0.9	8.5	—	—	—	1.4	—	—	—
Salay-salay (Crevalle)	—	100	0.5	8.8	—	—	—	0.9	—	—	—
Salay-salay Aso (Crevalle, deep bodied)	—	100	0.9	9.2	—	—	—	3.9	—	—	—
Salmon	—	100	2.2	7.3	0.9	2.5	1.9	1.6	3.8	2.1	10.0
Sapsap (Slip mouth)	—	100	0.8	8.0	2.1	—	—	—	—	—	—
Siliñasi	—	100	1.0	7.9	7.4	1.3	1.3	1.9	0	2.8	5.6
Tulingan	—	100	1.1	10.1	1.1	3.1	0.5	0.8	0	1.1	18.0
Tulis, Tunsoy	—	100	1.0	8.0	—	—	0.6	0.3	—	2.0	3.0
Canned Fish											
Salmon (canned)	—	100	1.9	9.1	10.7	3.1	0.5	0.6	0	1.9	9.0
Sardine (canned in oil)	—	100	2.6	9.3	1.0	3.1	5.0	0.8	0.9	5.6	—
Tunafish (canned, total contents of can)	—	100	2.9	9.9	1.1	3.1	0.8	0.6	0	1.1	12.8

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B₁	VIT. C	RIBO.	NIACIN
		gms.									
Tunafish (canned, drained solids)	—	100	2.2	11.5	1.2	3.5	0.4	0.6	0	1.2	14.7
	1 cup	200	4.3	23.1	2.4	7.1	0.9	1.2	0	2.4	29.4
Sardines (canned in oil, total contents of can)	—	100	3.3	8.8	1.1	3.1	4.4	0.8	0	0.9	6.0
Sardines (canned in oil, drained solids)	—	100	2.2	10.7	1.2	3.8	1.8	0.9	0	1.1	7.2
Shrimp (canned)	—	100	0.8	7.4	2.7	4.2	0.4	0.2	0	0.3	2.6
	1 c. ½" l.	200	1.6	14.8	5.3	8.3	0.7	0.3	0	0.5	5.6
	¼ cup	50	0.4	3.7	1.3	2.1	0.2	0.1	0	0.1	1.3
	⅓ cup	68	0.6	5.1	1.8	2.8	0.3	0.1	0	0.2	1.8
Fish and Shellfish Processed											
Salted and Dried											
Salted and dried fish (unspecified)	—	100	1.5	17.5	2.0	5.0	9.4	0.9	0	2.9	6.4
Dilis (anchovy, dried) ...	—	100	2.5	22.3	102.4	47.3	20.0	6.3	0	0.9	8.4
Bacalao (codfish, dried) ..	—	100	2.2	10.1	1.8	7.5	0	1.3	0	4.2	15.1
Tamban, smoked	—	100	2.27	18.5	2.3	2.9	0	Traces	0	2.6	4.0
Tinapa, smoked	—	100	1.5	13.8	2.3	2.9	0	Traces	0	2.6	4.0
Tuyo (herring, dried) ...	—	100	2.	14.8	2.1	—	—	0.5	—	—	—
Bagoong dilis (Salted anchovies) *Engraulididae* .	—	100	0.7	5.2	3.6	15.6	—	—	—	—	—
Bagoong itlog ng Bangus (Eggs of milkfish)	—	100	0.5	2.4	1.3	—	—	—	—	—	—
Crustaceans and their Products											
Crab (*Alimango*)	—	100	1.0	5.4	1.4	1.7	0	2.2	0	0.6	3.8
	1 cup (boiled or canned)	130	1.2	7.0	1.8	2.2	0	2.8	0	0.7	4.9

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT gms.	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
Crab (alimasag) *Neptunus pelagicus*	—	100	0.7	4.4	1.4	1.7	—	—	—	—	—
Small crab (Talangka) *Erapsidae*	—	100	2.1	6.6	1.4	1.7	—	2.2	5.4	3.2	4.2
Shrimps (*Palaemonidae*)	—	100	1.0	9.4	2.7	4.2	0.4	0.9	0	0.3	2.6
	1 cup	160	1.5	15.1	4.3	6.7	0.6	1.5	0	0.4	4.2
Bagoong alamang (Salted and fermented shrimps) *Atyidae*	—	100	0.7	5.1	74.0	17.1	0	1.4	—	—	—
	1 T	16	0.1	0.8	11.8	2.7	0	0.2	—	—	—
	1 cup	260	1.9	13.3	192.3	44.4	0	3.6	—	—	—
Dried shrimps (*Penaeus sp.*)	—	100	2.2	17.1	US 83.5 2.3	5.6	—	—	—	—	—
Patis (Boiled sauce from fermented shrimps)	—	100	0.4	1.8	0.5	—	—	—	—	—	—
Heko (Solid residue from manufacture of *patis*)	—	100	0.6	5.4	5.1	—	—	—	—	—	—
Lobster (*Palaemonidae*)	—	100	1.0	9.0	2.2	1.3	0.4	2.1	0	0.6	2.6
Sugpo (Prawn)	—	100	1.0	6.3	2.7	4.2	0.4	1.1	0	0.3	2.6
Shellfish and Mollusks											
Clams (*Cyraenidae*)	—	100	0.8	3.8	9.4	14.6	1.4	0.3	12.5	1.1	1.4
Oysters (*Ostrea sp.*)	—	100	0.5	2.8	2.1	11.7	2.0	2.3	—	1.9	1.7
Squid (*Loligo*)	—	100	0.9	7.7	—	—	—	0.6	—	—	—
	1 med. 6" l.	50	0.5	3.8	—	—	—	0.3	—	—	—
6. *Pulses, Nuts and Seeds*											
Beans:											
Canned, baked	—	100	1.2	1.8	1.8	7.1	0.4	0.8	1.7	0.5	1.1
Common or kidney, dry seed	—	100	3.5	6.9	5.3	21.5	0	9.4	0.8	2.2	2.9

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
Snap	—	100	0.4	0.8	2.3	2.3	3.9	1.3	7.9	.9	.8
Garbanzos (chickpea)	—	100	3.6	6.2	3.8	18.5	.7	3.1	.3	1.6	2.1
Habichuelas (common bean, snapbean)	—	100	3.4	6.1	.5	5.8	.25	5.2	.9	1.7	2.2
Kadios (Pigeon pea)	—	100	3.4	6.8	7.9	3.1	0.7	5.2	14.8	1.4	3.3
Mungo (mung bean)	—	100	3.4	7.8	5.4	16.8	0.5	13.3	5.8	3.2	3.2
	1 cup raw	190	6.5	14.9	10.3	31.8	1.0	25.2	11.1	6.0	6.1
Mungo red	—	100	3.5	5.7	3.8	9.8	0.2	14.4	.83	1.5	3.1
Patani (Lima bean seed fresh)	—	100	1.8	4.1	0.3	7.3	4.4	3.9	1.3	1.0	2.1
	1 cup	112	2.0	4.6	0.3	8.2	5.0	4.4	1.5	1.1	2.3
Peas split	—	100	3.5	7.7	2.6	12.5	2.3	13.6	0.8	2.7	4.2
Seguidillas (Goa or winged bean	—	100	4.30	10.3	—	—	—	—	—	—	—
	1 cup (sliced)	50	2.2	5.1	—	—	—	—	—	—	—
Sitao seed (Cowpea seed)	—	100	3.2	6.0	3.8	20.4	0	13.0	0.8	2.1	3.1
Soy Bean & Products:											
Soybeans whole, mature	—	100	3.5	10.9	8.1	16.7	0.7	17.8	Trace	2.9	2.9
Soybean sprouts (*Togue*)	—	100	0.8	2.7	2.0	0.4	0.3	1.6	5.4	0.4	0.5
	1 cup (¼" l.) (1 day old)	90	0.7	2.4	1.8	0.3	0.3	1.4	4.9	0.3	0.5
	1 cup	125	1.0	3.3	2.5	.5	.4	2	6.8	.5	.6
Soy flour; flakes; grits: Low fat	—	100	2.5	14.0	9.5	27.1	0.4	17.2	0	3.2	4.0
Soy flour; flakes; grits: Full fat	—	100	3.8	11.2	7.0	25.0	0.9	12	0	2.6	3.1
Soy flour; flakes; grits: Medium fat	—	100	2.8	13.3	8.7	27.1	0.7	12.8	0	3.1	3.6
Soya milk	—	100	0.4	1.1	0.4	1.5	—	1.3	0	0.4	0.4

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
Miso (Fermented soyabean & cereal)	—	100	1.2	4.2	5.2	52.5	—	2.0	—	—	—
	1 cup	219	2.7	9.2	11.3	115.0	—	4.5	—	—	—
Tahu (Geerlig's cheese) ..	—	100	1.2	4.1	10.8	8.5	0.5	1.6	—	1.3	0.7
Tahuri, liquid	—	100	1.0	3.0	0.8	—	—	—	—	—	—
Tahuri, solid	—	100	1.4	4.5	—	—	—	—	—	—	—
	1 cube 1¼" cube	20	0.3	0.9	—	—	—	—	—	—	—
	5 cubes	100	1.4	4.5	—	—	—	—	—	—	—
Tokua (Soybean curd)...	—	100	0.8	2.3	1.2	3.8	0	0.8	0	0.3	1.0
	1 cup ½" cubes	200	1.6	4.7	2.4	7.5	0	1.6	0	0.5	1.9
	1 square ½" sq. x ½" thick	100	0.8	2.3	1.2	3.8	0	0.8	0	0.3	1.0
Toyo (Soy sauce)	—	100	0.8	1.3	1.2	5.8	—	0.3	0	—	—
	1 T	14	0.1	0.2	0.2	0.8	—	0	0	—	—
	½ cup	112	0.8	1.5	1.3	6.5	—	0.4	0	—	—
	1 cup	225	1.7	3.0	2.7	13.1	—	0.7	0	—	—
Togue (Mung sprouts) ...	—	100	1.2	2.3	0.8	10.2	0.2	3.1	10.0	8.5	0.7
	1 cup (¼" L.)	90	1.0	2.1	0.7	9.2	0.2	2.8	9.8	7.7	0.6
	1 cup (1 day-old)	125	1.4	2.9	1.0	12.8	0.3	3.9	13.6	10.6	0.9
Nuts:											
Almonds	—	100	6.4	5.8	9.1	9.2	0	4.0	Trace	6.2	6.4
Chestnut (*Castañas*)	—	100	2.3	0.7	0.9	5.2	0	1.9	—	2.0	0.7
Coconut, mature (*niog*) ..	—	100	3.4	1.1	0.1	2.9	0	2.7	1.8	0.8	0.5
	1/cup grated	75	2.6	0.8	0.1	2.2	0	2.0	1.4	0.6	0.4

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT gms.	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
Buko (Young coconut) ...	—	100	1.2	0.4	0.3	4.4	0	1.6	0.8	0.1	0.3
Makapuno (Sport coconut)	—	100	2.1	0.3	0.3	1.5	—	—	—	—	—
Peanut (*mani*)	—	100	6	8.8	3.1	2.9	0.1	14.8	0.3	1.2	20.0
	1 cup	128	7.7	11.3	4.0	3.7	0.1	19.0	0.4	1.5	25.6
	1 cup chopped	135	8.1	11.9	4.2	3.9	0.1	20.0	0.4	1.6	27.0
Peanut butter	—	100	6.2	8.2	2.6	4.0	0	3.1	0	1.5	22.5
Peanuts, roasted	—	100	6	8.4	2.6	4.0	0	4.7	0	1.5	22.5
	1 cup	128	7.7	10.8	3.4	5.1	0	6.0	0	1.9	28.8
	1 cup chopped	135	8.1	11.3	3.6	5.3	0	6.3	0	2.0	30.4
Pecans	—	100	7.5	2.9	2.6	5.0	0.3	11.3	0.8	1.0	1.3
Pili nut	1 cup chopped	135	6.70	4.1	5.9	7.2	—	—	—	—	—
	—	100	9.1	5.6	8.0	9.8	—	—	—	—	—
Walnuts, English	—	100	2.0	4.7	3.0	4.4	0.2	7.5	1.3	1.2	1.7
Kasuy (Cashew nut)	—	100	5.8	6.7	1.0	13.1	0.6	9.5	0	1.8	2.9
	—	100									
7. *Fresh Fruits*											
Apples	—	100	0.6	0.8	0.2	0.6	0.6	0.6	2.1	0.3	0.3
	1 med. size 2½" dia.	130	0.8	1.0	0.3	0.8	0.7	0.8	2.7	0.4	0.4
Avocado (*Persia americana*, Mill.)	—	100	1.0	0.5	0.3	4.4	1.9	0.8	5.0	0.8	2.3
	1 cup ½" cubes	137	1.4	0.7	0.3	6.0	2.6	1.1	6.8	1.1	3.2
	1 cup ¼" cubes	200	2.0	1.0	0.5	8.7	3.8	1.6	9.8	1.7	4.6
	½ of a med. size 3½" l.	85	0.8	0.4	0.2	3.7	1.6	0.7	4.2	0.7	2.0

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT gms.	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
Balimbing (Carambola) .	—	100	0.3	0.1	0.1	3.0	0.3	0.3	14.3	0.2	0.3
	1 small	50	0.1	0.3	0.5	1.5	.02	0.2	7.2	0.9	0.2
	1 med. size	100	0.3	0.1	0.1	3.0	0.3	0.3	14.3	0.2	0.3
Banana (bungulan) *Musa sapientum L. var. suaveolins (Blanco Teodoro)*	—	100	0.9	0.3	0.6	1.5	1.5	0.3	0.8	0.4	0.9
Banana (gloria) *Musa sapientum L. var. Ternatonsis (Blanco Teodoro)*	—	100	1.5	0.3	0.3	3.0	—	—	10.4	—	—
Banana (lacatan) *Musa sapientum L. var. lacatan (Blanco Teodoro)* ..	—	100	1.1	0.4	0.8	1.5	0.8	1.3	9.9	0.3	0.9
	1 banana 4" l.	45	0.5	0.2	0.3	0.7	0.4	0.6	4.5	0.1	0.4
	1 med. size	50	0.5	0.2	0.4	0.7	.4	0.6	5.0	0.1	0.4
Banana (latundan) *Musa sapientum L. var. cinerea (Blanco Teodoro)* ..	—	100	0.9	0.4	0.6	3.0	—	—	9.0	—	—
	1 med. size	40	0.4	0.2	0.2	1.2	—	—	3.6	—	—
Plantain (saba) *Musa sapientum L. var. compressa (Blanco Teodoro)* ...	—	100	0.9	0.4	0.9	2.9	0.6	0.6	7.0	0.2	0.8
Bilimbi (*kamias*)	—	100	0.3	0.2	0.2	2.9	—	0.3	14.3	.18	.31
	1 cup ⅛" th. slices	126	0.4	0.3	0.3	3.7	—	0.4	18.1	0.2	0.4
	1 med. size	16	0.4	0.3	0.4	0.5	—	0.5	2.3	0.3	0.1
Bignay	—	100	0.3	0.3	3.1	1.5	—	—	—	—	—

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B1	VIT. C	RIBO.	NIACIN
		gms.									
Cantaloupe (*melon castilla*)	—	100	0.2	0.2	0.6	0.8	21.4	0.9	13.8	0.4	1.1
Caimito (Star apple)	—	100	0.5	0.7	0.4	0.2	0.2	0.5	3.3	0.2	1.3
Camachili	—	100	0.4	0.8	0.6	27.5	—	—	—	—	—
Chico	—	100	1.0	0.2	0.8	5.8	0.5	0.3	12.6	0.1	0.3
Dayap (Lime)	—	100	0.5	0.3	0.5	0.2	0	0.6	11.3	Trace	0.1
Datiles	—	100	1.0	0.6	—	—	—	—	—	—	—
	1 fruit	1.5	0.01	0.06	—	—	—	—	—	—	—
Java plum (*duhat*)	—	100	0.7	0.3	1.0	7.3	—	—	—	—	—
Durian	—	100	1.8	0.7	0.3	1.5	0.2	5.5	10.0	1.9	0.9
Orange (*Dalandan*)	—	100	0.3	0.1	0.3	2.9	0.2	0.6	24.6	0.2	0.2
Grapes	—	100	0.7	0.3	0.6	1.3	0.5	0.9	16.7	0.4	0.3
Guava	—	100	0.7	0.3	0.7	4.4	15.3	0.9	r=77.5 w=48.0	0.4	1.7
	1 small	26	0.2	0.1	0.2	1.1	4.0	0.2	r=20.2 w=12.7	0.1	0.4
	1 med. size	50	0.4	0.2	0.4	2.2	7.7	0.5	r=38.8 w=24.5	0.2	0.8
	1 large	80	0.6	0.3	0.6	3.5	12.3	0.7	r=62.6 w=39.2	1.3	1.3
Grapefruit	—	100	0.4	0.2	0.6	0.6	Trace	0.6	16.7	0.2	0.3
Pomegranate (*Granada*)	—	100	0.9	0.3	0.3	1.5	0	0	4.2	0.1	0.3
Soursop (*Guayabano*)	—	100	0.3	0.1	0.3	1.5	—	0.9	15.5	0.9	—
Kalamansi	—	100	0.5	0.1	3.6	4.4	—	—	20.0	—	—
Katmon	—	100	0.3	0.9	1.5	4.4	—	—	—	—	—
Lemon	—	100	0.3	0.3	0.9	1.3	0.4	0.8	19.0	0.3	0.3
Lanzones	—	100	0.6	0.3	0.5	3.1	—	1.4	1.2	0.4	1.6
Malay-apple (*yambo*)	—	100	0.5	0.3	0.3	0.8	0	0.3	8.3	—	—
Mamey (*chico*)	—	100	1.1	0.4	1.0	1.5	15.2	0.5	9.5	0.9	3.0
	1 med. size 1 cup	366	4.1	1.4	3.8	5.3	55.6	1.7	34.6	0.3	10.9

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
	½" cubes	155	1.8	0.6	1.6	2.3	23.6	0.7	14.7	0.1	4.6
Curacao-apple (*macope*)	—	100	0.3	0.2	0.3	1.5	—	—	4.8	—	—
Melon, native	—	100	0.2	0.6	1.6	14.6	—	—	—	—	—
Melon (cantaloupe)	—	100	0.2	0.3	0.8	2.9	17.5	0.5	9.8	0.2	0.7
Mabolo	—	100	0.8	0.3	0.7	3.4	—	—	5.2	—	—
Mango (ripe) *Kalabaw*	—	100	0.6	0.6	0.3	1.5	9.4	2.2	24.1	0.2	0.4
	1 cup ½" cubes	272	1.7	.16	0.7	3.9	25.5	5.9	65.5	0.5	0.1
Mango (green)	—	100	0.5	0.2	0.4	0.9	0.9	0.9	46.7	—	—
	1 cup sliced	218	1.1	0.3	0.8	2.0	2.0	2.0	101.7	—	—
Mango, *pico* variety (ripe)	—	100	0.7	0.3	0.3	1.5	—	—	—	—	—
Mangoosteen	—	100	0.8	0.2	0.3	2.9	0	0.5	2.1	—	—
Jackfruit (*nanka*)	—	100	1.1	0.3	0.8	1.5	—	—	0.6	—	—
	1 cup	100	1.1	0.3	0.8	1.5	—	—	0.6	—	—
Oranges (*naranghita*)	—	100	0.5	0.2	0.5	0.9	0.6	1.3	31.3	0.2	0.4
Oranges	—	100	0.5	0.3	1.2	0.8	1.2	1.3	20.4	0.3	0.3
Watermelon (*pakuan*)	—	100	0.3	0.2	0.5	2.9	3.7	0.8	0.3	0.5	0.3
Papaya	—	100	0.5	0.2	0.8	5.8	19.8	0.5	rd= 20.8 y=3.6	0.3	0.4
Pineapple	—	100	0.5	0.2	0.5	2.9	0.4	1.9	8.3	0.4	0.2
Pomelo (*suha*)	—	100	0.5	0.2	1.0	5.8	0.3	0.5	30.00	0.9	0.3
Santol	—	100	0.7	0.3	0.3	2.9	—	—	—	—	—
Spanish plum (*siniguelas*)		100	0.8	0.3	0.3	4.4	0.7	1.6	19.3	0.5	1.2
Strawberry		100	0.4	0.3	1.3	1.5	0.6	0.5	11.6	0.3	0.4
Sweetsop, sugar custard apple (*atis*)	—	100	1.0	0.4	0.8	2.2	0.5	1.9	20.1	0.7	1.3
	1 cup seeded	70	0.7	0.3	0.6	1.5	0.4	1.3	14.1	0.5	0.9
Tamarind, green	—	100	0.6	0.7	0.3	—	—	—	1.2	—	0.1
Tamarind, ripe	—	100	2.8	0.9	3.3	22.9	0.2	1.3	4.2	1.3	0.1

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT gms.	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
Canned Fruits											
Apple sauce	—	100	0.8	0.6	0.1	0.4	0.4	0.2	0.4	0.1	Trace
	1 cup	135	1.1	0.8	0.2	0.6	0.5	0.2	0.6	0.1	Trace
Apricots	—	100	0.9	0.2	0.4	0.6	8.4	0.3	1.7	0.2	0.4
Cherries	—	100	0.9	0.2	0.4	0.6	2.7	0.5	1.3	0.2	0.3
Cranberry sauce	—	100	2.1	0.3	0.3	0.6	0.2	—	0.8	0.4	—
Fruit cocktail	—	100	0.8	0.1	0.3	0.8	1.0	0.2	0.8	0.9	0.6
Grapefruit juice	—	100	0.4	0.2	0.3	0.8	Trace	0.5	14.6	0.2	0.3
Grapefruit segments	—	100	0.8	0.2	0.5	0.6	Trace	0.5	12.5	0.2	0.3
Orange juice	—	100	0.6	0.2	1.2	0.8	0.6	1.1	17.5	0.2	0.3
Peaches	—	100	0.8	0.1	0.1	0.8	2.8	0.2	1.7	0.2	1.0
Pears	—	100	0.8	0.6	0.3	0.4	Trace	0.2	0.8	0.2	0.1
Pineapple juice	—	100	0.5	0.9	0.5	1.0	0.5	0.8	3.8	0.2	0.3
Pineapples	—	100	0.9	0.1	1.0	1.3	0.5	1.1	3.8	0.2	0.3
Dried Fruits											
Apricots	—	100	3.0	1.6	3.1	10.2	46.4	0.2	5.0	1.5	4.6
Peaches	—	100	3.0	1.0	1.6	14.4	20.4	0.2	8.0	1.9	7.5
Prunes	—	100	3.0	0.7	2.0	8.1	11.8	1.5	1.3	1.5	2.4
Raisins	—	100	3.0	0.7	2.8	6.9	0.3	2.3	Trace	0.7	0.7
8. *Vegetables*											
A. Leaves											
Alagaw	—	100	0.8	1.9	—	—	—	—	2.3	—	—
	1 cup	20	0.2	0.4	—	—	—	—	0.5	—	—
Alibangbang	—	100	—	0.3	1.5	20.4	—	—	4.8	—	—
Alugbati	—	100	0.3	0.7	1.9	2.2	81.3	1.9	34.3	—	—
Beet leaves	—	100	0.3	0.6	0.9	6.7	41.9	0.8	14.2	1.6	.4
Bittermelon leaves (*ampalaya*)	—	100	0.5	0.7	3.5	5.0	130.0	1.7	7.1	—	—

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
	1 cup raw	20	0.1	0.1	0.7	1.0	26.0	0.3	1.4	—	—
Cabbage	—	100	0.3	0.7	1.8	3.1	0.4	0.9	21.2	0.5	0.1
Cassava leaves	—	100	0.6	1.5	1.3	15.6	67.9	4.2	133.4	4.0	4.9
Celery	—	100	0.2	0.4	1.8	1.0	0	0.5	2.9	0.4	0.4
	1 cup (¼" l.)	135	0.3	0.5	2.4	1.4	0	0.6	3.9	0.5	0.6
Chinese celery (*kinchay*)	—	100	0.4	0.6	8.7	2.5	—	1.1	15.0	1.3	1.0
	1 cup sliced ½" l.	159	0.6	1.0	13.8	4.0	—	1.7	23.9	2.1	1.6
Coriander (*kulantro*)	—	100	0.5	0.8	8.7	23.3	—	—	116.9	—	—
Endive (Escarola)	—	100	0.1	0.5	4.1	11.7	143.8	1.3	3.3	1.9	—
Gabi leaves	—	100	0.6	1.0	12.5	33.5	—	—	—	—	—
Gabi petiols	—	100	0.2	0.9	2.4	7.3	—	—	—	—	—
Garlic leaves	—	100	0.5	0.7	3.3	10.2	—	—	12.7	—	—
	1 cup sliced ¼" thick	50	0.2	0.3	1.7	5.1	—	—	6.4	—	—
Halon	—	100	0.5	1.1	8.2	24.8	—	—	—	—	—
Himbabau	—	100	1.0	0.8	10.5	43.7	—	—	—	—	—
Kalabasa leaves (Squash tops)	—	100	0.4	1.0	1.5	4.9	16.9	2.2	r=4.0 c=0.4	1.7	1.4
	1 cup	32	0.1	0.4	0.5	1.6	5.4	0.7	r=1.5 c=0.1	0.5	0.4
Kamote leaves	—	100	0.6	0.7	1.3	2.1	53.1	2.8	4.6	—	—
	1 cup raw	10	0.1	0.1	0.1	0.2	5.3	0.3	0.5	—	—
Kangkong	—	100	0.4	1.3	2.3	12.7	66.3	0.9	23.9	2.2	1.5
	1 cup	70	0.3	0.9	1.6	8.9	46.4	0.7	16.7	1.6	1.1
Kolitis (Pigweed)	—	100	0.6	1.3	10.0	65.6	—	—	1.5	—	—
	1 cup raw	12	0.1	0.2	1.2	7.9	—	—	0.2	—	—

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT gms.	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B1	VIT. C	RIBO.	NIACIN
Katsay (Leek)	—	100	0.4	0.6	2.6	7.3	0.1	1.6	3.3	0.5	0.3
Lettuce	—	100	0.3	0.3	1.4	2.8	0.1	0.9	4.9	0.6	0.5
	1 cup finely sliced	70	0.2	0.2	1.0	1.9	0.1	0.7	3.4	0.5	0.3
Malunggay	—	100	0.9	1.8	13.8	9.5	218.8	3.8	62.7	7.5	4.8
Mostaza	—	100	0.3	0.7	7.1	6.0	40.4	1.6	15.5	1.9	1.1
	5 small leaves	50	0.2	0.3	3.6	3.0	20.2	0.8	7.8	0.9	0.6
Onion (Leaves, young)	—	100	0.4	0.6	0.2	16.0	0.3	0.5	5.1	0.4	0.3
Pako (Fern)	—	100	0.5	1.2	0.8	8.8	—	0	6.6	0.5	1.3
Parsley (Peregil)	—	100	0.6	1.2	5.4	8.5	47.5	2.5	5.0	3.4	2.7
	1 cup	14	0.1	0.2	0.8	1.2	6.7	0.4	0.7	0.5	0.4
Petsay	—	100	0.3	0.4	7.7	13.1	0.2	1.3	8.1	0.3	0.3
	1 head	20	0.1	0.1	1.5	2.6	0.1	0.3	1.6	0.1	0.1
Saluyot (Jute)	—	100	0.7	1.6	6.1	8.2	38.8	1.1	L= 0.4 R=15.0	2.5	2.0
Sintas-sintasan	—	100	0.3	.5	7.1	20.4	—	—	—	—	—
Sitao leaves (Cowpea) (Long variety)	—	100	0.5	1.1	7.1	20.4	—	—	6.2	—	—
Spinach (New Zealand)	—	100	0.2	0.7	2.8	3.4	8.1	0.2	12.8	1.3	0.8
Talinum	—	100	0.3	0.4	4.3	11.4	0.4	3.0	22.9	1.6	0.6
Tamarind leaves	—	100	0.8	0.8	1.0	5.8	—	—	—	—	—
Pepper (hot) leaves	—	100	0.7	.17	11.0	30.6	—	—	4.3	—	—
Pepper (sweet) leaves	—	100	0.6	1.7	—	—	—	—	—	—	—
Ulasiman (Purslane)	—	100	0.2	0.6	4.1	10.2	6.7	0.3	9.2	0.8	0.7
B. Fruits and Legumes:											
Ampalaya (Bitter-melon)	—	100	0.3	0.4	1.0	2.9	1.1	0.6	R=26.3 C=13.8	0.3	0.4
	1 cup sliced								R=25.2	0.3	0.4

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
	1/16" th.	96	0.3	0.4	0.9	2.8	1.0	0.6	C=13.2		
	1 large	100	0.3	0.4	1.0	2.9	1.1	0.6	R=28.3	0.3	0.4
	1 cup sliced	100	0.3	0.4	1.0	2.9	1.1	0.6	C=13.8 R=28.3	0.3	0.4
	1 cup sliced								C=13.8		
	1/16" th.								R=25.2	0.3	0.4
	crosswise	96	0.3	0.4	0.9	2.8	1.0	0.6	C=10.2		
Batao	—	100	0.4	1.1	1.3	4.4	3.5	1.3	R= 5.4 C= 2.9	0.9	1.9
	1 cup ¼ in. sliced	125	0.5	1.3	1.6	5.5	4.4	1.6	R= 6.8 C= 3.6	1.2	2.3
Beets	—	100	0.5	0.5	1.0	2.1	0.1	0.5	4.2	0.5	0.6
Broccoli	—	100	0.4	1.0	4.6	2.7	21.9	1.4	49.2	1.9	1.3
Chayote	—	100	0.2	0.2	0.5	1.5	0.2	0.6	2.2	0.3	0.7
	4" long	220	0.5	0.4	1.1	3.2	0.5	1.4	4.8	0.6	1.5
	3" long	163	0.4	0.3	0.8	2.4	0.3	1.1	3.5	0.4	1.1
	1 cup sliced 1" l. x ¼" th.	100	0.2	0.2	0.5	1.5	0.2	0.6	2.2	0.3	0.7
	1 cup ½" cubes	122	0.3	0.2	0.6	1.8	0.3	0.8	2.7	0.3	0.8
Corn, sweet, white or yellow	—	100	1.1	1.2	0.3	1.0	2.4	2.3	5.0	1.3	1.9
Cucumber	—	100	0.2	0.2	1.0	2.9	0.1	0.2	4.9	2.1	0.6
	1 cup ½" cubes	160	0.2	0.2	1.6	4.7	0.2	0.2	7.8	3.4	0.9
	1 large	480	0.7	0.7	4.9	14.0	0.6	0.7	23.4	10.2	2.6
Eggplant	—	100	0.3	0.3	1.4	2.9	0.1	2.0	1.8	0.3	0.7

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
	1 large	80	0.2	0.3	1.1	2.3	0.1	1.6	1.4	0.2	0.5
	1 cup ¼" th. sliced slantwise	94	0.3	0.3	1.3	2.7	0.1	1.9	1.7	0.3	0.6
Kadios (Pigeon pea)	—	100	0.7	1.2	1.1	3.1	0.7	5.2	14.8	1.4	3.3
Kalabasa	—	100	0.4	0.5	0.8	5.4	15.6	1.6	4.3	0.6	1.4
	1 cup ½" cubes	125	0.5	0.6	1.1	6.7	19.5	2.0	5.3	0.8	1.7
	1 cup ¼" cubes	154	0.6	0.8	1.3	8.3	24.1	2.4	6.6	1.0	2.1
Kondol (Wax gourd)	—	100	0.1	0.1	1.0	2.9	0	6.3	—	1.1	0.4
Kale	—	100	0.5	1.2	8.0	4.6	47.0	1.9	47.9	3.2	1.1
Malungay pods (Horse radish)	—	100	1.1	2.3	1.3	7.3	4.1	0.8	R=71.7 C=52.5	—	—
Okra	—	100	0.5	0.7	2.3	2.9	0.3	1.4	2.3	0.6	1.7
	⅛" thick	107	0.5	0.7	2.5	3.1	0.3	1.5	2.5	0.6	1.8
	1 med. size	20	0.1	0.1	0.5	0.6	0.1	0.3	0.5	0.1	0.3
	1 cup	86	0.4	0.6	2.0	2.5	0.2	1.2	2.0	0.5	1.5
Papaya (green)	—	100	0.2	0.3	1.8	2.9	—	0.6	—	—	—
	1 cup grated	75	0.2	0.3	1.3	2.2	—	0.5	—	—	—
Patola (Sponge gourd)	—	100	0.3	0.2	0.6	5.1	0	1.1	2.5	0.4	0.6
Patani (lima bean)	—	100	1.4	2.2	0.8	6.1	3.1	3.4	R=15 C=11.6	1.1	0.7
	1 cup	112	1.6	2.6	0.8	6.8	3.5	3.5	R=11.8 C=13.1	1.2	0.8
Peas (green peas)	—	100	0.7	1.2	0.9	7.7	5.9	5.1	5.9	0.9	3.2

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT gms.	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B$_1$	VIT. C	RIBO.	NIACIN
	1 cup shelled green pea	135	1.0	1.6	1.2	10.4	8.1	7.0	8.0	1.2	4.4
Pepper (Native hot)	—	100	0.7	0.2	0.8	4.4	8.0	1.6	—	0.7	3.6
Pepper sweet, large	—	100	0.3	0.2	0.8	8.8	8.6	1.3	32.3	0.7	1.2
Rimas	—	100	0.5	0.8	0.3	2.9	0.2	1.3	27.2	0.7	1.4
Seguidillas	—	100	0.3	0.8	2.3	1.2	4.4	3.6	2.9	—	—
	1 cup sliced	50	0.2	0.4	1.1	0.6	2.2	1.8	1.4	—	—
Sitao pods (long variety).	—	100	0.5	0.8	2.7	6.5	0.3	2.3	9.1	2.4	1.8
	1 cup 1" long	64	0.3	0.5	1.7	4.1	0.2	1.5	5.8	1.5	1.1
Sitao pods (short variety)	—	100	0.5	1	3.1	4.4	9.3	2.5	R=8.3 C=6.3	0.3	1.8
Snap bean, green pods (*Habichuelas*)	—	100	0.4	0.8	1.5	3.1	0.9	0.9	7.7	0.7	1.1
Tomato	—	100	0.2	0.3	0.3	4.9	3.2	1.3	11.2	0.3	0.7
	1 cup	200	0.4	0.7	0.6	9.7	6.5	2.5	22.3	0.5	1.5
	1 large	150	0.3	0.5	0.4	7.3	4.9	1.9	16.7	0.4	1.1
	1 med. size	100	0.2	0.3	0.3	4.9	3.2	1.3	11.2	0.3	0.7
Upo	—	100	0.2	0.1	1.0	4.0	—	0.6	3.8	0.5	1.0
Vegetables											
C. Flowers											
Banana Bud	—	100	0.5	0.7	1.1	5.8	—	1.1	5.3	0.3	0.5
Cauliflower	—	100	0.3	0.6	2.0	4.4	0.5	2.3	33.2	1.0	1.0
Kakauati	—	100	0.6	1.2	—	—	—	—	—	—	—
Kalabasa flowers (Squash)	—	100	0.4	0.9	1.0	2.9	9.8	2.5	1.6	0.9	1.4
Katuray	—	100	0.6	0.5	0.6	9.5	—	—	5.3	—	—
D. Shoots											
Asparagus	—	100	0.2	0.6	0.3	2.9	21.9	2.3	C= 8.3 R=12.1	—	—

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT gms.	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
Bamboo shoot (*Labong*)	—	100	0.3	0.7	0.8	2.9	Trace	—	—	—	—
Coconut shoot (*ubod*)	—	100	—	—	4.1	5.8	—	—	—	—	—
Kaong shoot	—	100	0.4	0.4	0.5	1.5	—	—	—	—	—
E. Roots, bulbs and tubers											
Apulid (Water chestnut)	—	100	2.1	0.8	0.5	4.4	—	—	—	—	—
Beet	—	100	0.4	0.6	0.4	5.4	Traces	0.5	4.2	0.5	0.6
Carrot	—	100	0.5	0.7	1.8	1.5	75.0	1.1	2.5	0.6	0.7
	1 large	100	0.5	0.7	1.8	1.5	75.0	1.1	2.5	0.6	0.7
	1 cup ½" cubes raw	130	0.7	0.9	2.3	1.9	97.5	1.4	3.3	0.7	0.9
	1 cup ¼" cubes	150	0.8	1.0	2.7	2.2	112.5	1.6	3.8	0.8	1.0
	1 cup shredded	180	0.9	1.2	3.2	2.6	135.0	2.0	4.5	1.0	1.2
Chinese Water chestnut	—	100	0.5	0.3	0.1	1.7	—	—	—	—	0.8
Garlic	—	100	1.2	0.5	0.3	2.9	0	1.3	5.4	—	0.6
	1 T pounded	10	0.1	0.5	0.3	0.3	0	0.1	0.5	—	0.6
	1 cup peeled	157	1.9	0.8	0.4	4.6	0	2.0	8.5	—	0.9
Ginger	—	100	—	—	7.9	—	—	—	—	—	—
Onion	—	100	0.4	0.5	0.8	2.9	0.3	0.5	3.0	0.2	0.3
	1 cup sliced	100	0.4	0.5	0.8	2.9	0.3	0.5	3.0	0.2	0.3
	1 cup chopped	120	0.4	0.6	0.9	3.5	0.4	0.6	3.5	0.2	0.3
Radish (*Labanos*)	—	100	0.2	0.3	1.8	4.4	Traces	0.8	10.4	0.3	0.2

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
	1 cup	100	0.2	0.3	1.8	4.4	Traces	0.8	10.4	0.3	0.2
Sincamas (Yam bean) ...	—	100	0.6	0.3	1.0	1.1	0	0.5	1.8	0.2	0.3
	1 med. size 4½" dia.	143	0.9	0.4	1.5	1.6	0	0.7	2.5	0.3	0.5
	1 cup sliced 1" l. x ¼" th.	45	0.3	0.1	0.5	0.5	0	0.2	0.8	0.8	0.2
	1 cup ½" cubes	130	0.8	0.3	1.3	1.5	0	0.6	2.3	0.2	0.4
Turmeric (*Dilao*)	—	100	—	—	0.5	11.7	—	—	—	—	—
F. Canned Vegetables											
Asparagus	—	100	0.2	0.5	0.7	2.1	3.8	0.9	6.3	0.8	1.1
	1 can	200	0.4	1.0	1.4	4.2	7.5	1.9	12.5	1.6	2.2
	6 pieces 3¼" stalk	85	0.2	0.4	0.6	1.8	3.2	0.8	5.3	0.7	0.9
Beans, Lima	—	100	0.7	1.2	1.0	3.5	0.8	0.5	3.3	0.5	0.7
	1 cup	112	0.8	1.3	1.1	4.0	0.9	0.5	3.7	0.5	0.8
Beans, snap	—	100	0.2	0.3	1.0	2.9	2.6	0.5	1.7	0.5	0.4
Beets	—	100	0.4	0.3	0.5	1.3	0.1	0.2	2.1	0.3	0.1
Carrots	—	100	0.3	0.2	0.8	1.3	75.0	0.5	0.8	0.2	0.4
	1 large ½" cubes	100	0.3	0.2	0.8	1.3	75.0	0.5	0.8	0.2	0.4
	raw, 1 cup	130	0.4	0.2	1.1	1.6	97.5	0.6	1.1	0.2	0.5
	1 cup ¼" cubes	150	0.5	0.2	1.2	1.9	112.5	0.7	1.3	0.3	0.6
Corn, white or yellow	—	100	0.8	0.6	0.1	1.0	1.3	0.3	2.1	0.5	1.1
Peas, green	—	100	0.7	1.1	0.8	3.8	3.4	1.7	3.3	5.6	1.3
	1 cup shelled	135	0.8	1.4	1.2	5.1	4.6	2.3	4.5	7.5	1.7

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT gms.	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
Sauerkraut	—	100	0.2	0.3	1.6	1.0	Trace	0.5	7.5	1.9	0.3
Spinach	—	100	0.3	0.7	1.2	3.3	42.4	0.3	5.8	0.7	0.4
Tomato catsup	—	100	1.1	0.6	0.4	1.7	11.8	1.4	4.6	0.6	3.1
Tomato juice	—	100	0.2	0.3	0.3	0.8	6.6	0.8	6.7	0.3	1.0
Tomato purée	—	100	0.4	0.6	0.4	2.3	11.8	1.4	11.7	0.6	2.5
Tomatoes	—	100	0.2	0.3	0.4	0.3	6.6	0.8	6.7	0.3	1.0
	1 cup	200	0.4	0.6	0.8	2.5	13.1	1.6	13.3	0.5	1.9
	1 large	150	0.3	0.5	0.6	1.9	9.8	1.2	10.0	0.4	1.5
	1 med. size	100	0.2	0.3	0.4	0.3	6.6	0.8	6.7	0.3	1.0
9. *Grains, Cereals and their Products:*											
Ampao (Rice sweetened puffed)	—	100	3.8	1.6	—	—	—	—	—	—	—
Bread (whole wheat)	—	100	2.6	3.0	2.1	5.4	0	4.4	0	1.4	4.9
Bread (white, enriched)	—	100	2.6	2.7	2.0	3.8	0	3.8	0	1.4	3.1
Bread (Rye)	—	100	2.6	2.0	0.8	1.7	0	2.5	0	0.4	1.5
Corn (Raw) whole grain or meal (*Zea mays*, Linn.)	—	100	3.7	3.0	0.4	5.7	w=0 y=3.2	7.1	0	1.5	2.9
Corn flour	—	100	3.5	2.2	0.2	2.9	2.1	3.1	0	0.6	1.9
Cornmeal (Yellow, degerminated)	—	100	3.6	1.6	0.4	2.1	1.9	2.3	0	0.6	1.3
Corn, popped	—	100	4.1	3.3	0.4	5.6	0	6.2	0	1.1	3.1
Corn (Degerminated meal or flour)	—	100	3.6	2.3	0.2	2.2	w=0 y=1.9	2.5	0	0.8	1.3
Cornmeal (white, whole-grain)	—	100	3.7	2.8	0.6	5.6	0	6.4	0	1.1	2.4
Cornmeal (Yellow, whole grain)	—	100	3.7	2.8	0.6	5.6	7.2	7.0	0	1.6	2.9

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
Cornstarch	—	100	3.5	0.2	Trace	Trace	0	0	0	0	0
	1 T.	9	0.3	0.1	Trace	Trace	0	0	0	0	0
Corn (Processed) canned .	—	100	0.8	0.6	0.2	1.1	w=0 y=1.3	0.3	2.2	0.5	1.1
	1 cup	300	2.4	1.9	0.4	3.1	w=0 y=3.8	0.9	6.2	1.4	3.3
Corn, prepared or cooked on cob (*nilaga*)	—	100	1.3	1.5	0.3	1.0	w=0 y=1.6	2.3	4.2	0.5	2.4
Corn flakes	—	100	3.8	2.5	0.4	4.6	0	6.4	0	0.9	3.1
Corn meal: white degerminated	—	100	3.6	2.3	0.4	2.1	0	2.5	0	0.8	1.3
Farina (cereal)	—	100	3.6	3.6	0.8	1.7	0	0.9	0	0.6	1.4
Farina enriched	—	100	3.6	3.6	0.8	2.7	0	5.8	0	2.4	1.8
Oatmeal	—	100	4.0	4.4	1.9	10.8	0	8.6	0	1.3	1.5
Rice (boiled or cooked) ...	—	100	1.2	0.8	0.3	0.6	0	0.2	0	0.1	0.6
Rice (Brown)	—	100	3.6	2.3	1.4	11.5	0	4.5	0	0.5	6.4
Rice (Converted)	—	100	3.5	2.4	0.3	1.5	0	3.6	0	0.4	5.3
Rice, fried (*sinañgag*) ...	—	100	1.6	0.8	—	—	—	—	—	—	—
Rice cake (*bibingka*) ...	—	100	2.1	1.4	—	—	—	—	—	—	—
	3" x 2½" x ¾" th.	85	1.8	1.2	—	—	—	—	—	—	—
Rice cake (*puto bumbong*)	—	100	2.3	1.6	—	—	—	—	—	—	—
Rice cake (glutinous) *biko*	—	100	2.7	.8	—	—	—	—	—	—	—
Rice cake (glutinous, ground) *ticoy*	—	100	2.9	1.4	—	—	—	—	—	—	—
Rice cake (glutinous) *suman sa lihia*	—	100	2.5	1.6	—	—	—	—	—	—	—
Rice flakes; puffed rice ..	—	100	3.6	1.2	0.3	1.9	0	0.8	0	0.3	1.9
Rice (glutinous) *Oryza glutinosa* Lour.	½ cup	100	3.6	2.3	0.4	4.8	0	2.7	0	0.2	1.4

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B1	VIT. C	RIBO.	NIACIN
		gms.									
Rice (milled, white)	1 cup	200	7.1	4.8	0.7	9.6	0	5.3	0	0.4	2.8
	½ cup	100	3.6	2.1	0.3	1.9	0	1.7	0	0.3	1.9
	1 cup	200	7.0	4.2	0.5	3.7	0	3.5	0	0.5	3.9
Rice (Homepounded, undermilled)	1 cup	100	3.6	2.2	0.4	7.3	0	3.8	0	0.4	2.8
Rice (raw) Brown *Oryza sativa*, Linn.	½ cup	100	3.5	2.3	1.3	11.5	0	4.5	0	0.5	6.4
	1 cup	200	7.1	4.7	2.5	22.9	0	9.0	0	0.9	12.8
Rice (roasted and pounded) *pinipig*	—	100	—	1.9	0.4	3.2	—	3.9	0	0.5	5.5
Rice (Processed) *Sutanghon* (Rice Noodles)	—	100	3.6	1.6	0.5	—	—	—	—	—	—
	1 cup dry 1″ long	43	1.6	0.7	0.3	—	—	—	—	—	—
Rice (Processed) *Pideos* (Rice Noodles)..	—	100	3.6	1.2	0.6	—	—	—	—	—	—
Rice (Processed) *Bihon* (Rice Noodles)	1 small bundle	100	7.7	2.3	0.9	2.2	0	0.6	—	—	—
	1 c. 1⅓″ l. dry	55	4.3	1.2	0.5	1.1	0	0.3	—	—	—
	2½″ l. bundle or 2 small bundles	500	38.7	11.3	4.6	10.4	0	3.1	—	—	—
Rice (white)	—	100	3.5	2.4	0.3	1.5	0	0.8	0	0.3	1.9
Tapioca	—	100	3.5	0.2	0.4	2.1	0	0	0	0	0
Wheat (other bakery products)	—	100	3.7	2.5	6.4	3.1	0.6	0.9	0	1.7	0.6
Wheat-*mammon* (cakes)..	—	100	3.7	2.2	7.4	1.3	0.6	0.8	0	1.2	0.6
Wheat-bread (*Pan de Sal*)	—	100	3.5	5.9	2.0	1.5	0	0.9	0	1.1	1.4

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
Wheat-toasted bread (*Pan tostado*)	—	100	3.5	4.1	3.1	3.1	0	0.9	0	1.1	1.4
Wheat (prepared or cooked) American bread	—	100	2.9	2.2	0.5	1.5	0	0.8	0	0.6	1.4
Wheat noodles—*misua*	1 cup	100	3.35	3.3	2.2	2.3	0	0.6	0	0.6	2.8
	½ c.	30	1.1	1.0	0.7	0.7	0	0.2	0	0.2	0.8
Wheat (processed) noodles containing eggs	—	100	3.3	2.8	0.7	4.4	1.3	3.1	0	1.1	3.2
	1 cup	63	2.2	1.7	0.5	2.8	0.8	2.0	0	0.6	2.1
Wheat (processed) Macaroni; spaghetti	—	100	3.6	3.4	0.8	2.5	0	2.1	0	0.7	2.9
Wheat flour (*arina*)	—	100	3.6	2.7	0.6	4.2	0	0.9	0	0.5	1.4
Wheat (raw) whole meal or flour (*arina*) *Triticum vulgare*, Vill.	—	100	5.6	3.3	1.4	7.9	0	7.1	0	1.2	6.4
Wheat flakes (puffed)	—	100	3.7	3.7	1.2	7.7	0	2.3	0	1.1	5.8
Wheat flour patent	—	100	3.6	3.4	1.7	1.5	0	1.1	0	0.3	1.1
Wheat flour (patent, enriched)	—	100	3.6	3.4	0.7	6.0	0	6.9	0	2.4	4.9
Wheat flour (self-rising, enriched)	—	100	3.4	3.2	7.9	6.0	0	6.9	0	2.4	4.9
Wheat flour (whole)	—	100	3.6	4.1	1.4	7.9	0	8.8	0	1.1	7.8
Wheat (shredded)	—	100	3.7	3.2	1.4	7.9	0	3.1	0	1.3	5.8
10. *Sugars and Syrups*											
Sweets											
Syrup, table blends	—	100	2.9	0	1.6	8.5	0	0	0	0.1	0.1
Sugar (white, or granulated)	—	100	4.0	0	0	0	0	0	0	0	0
	¼ cup	50	2.0	0	0	0	0	0	0	0	0
	1 T.	13	.5	0	0	0	0	0	0	0	0

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B1	VIT. C	RIBO.	NIACIN
		gms.									
	1 cup	200	8.0	0	0	0	0	0	0	0	0
Sugar (Brown)	—	100	3.8	0	2.3	3.8	0	0	0	0	0
Sugar, Crude (*panocha*)	—	100	3.7	0.3	2.9	23.8	0	0	0	0	0
	1 piece 4" dia.	200	7.3	0.6	5.7	47.5	0	0	0	0	0
Sugar cane *Saccharum officinarum* Linn.	—	100	0.6	0.1	0.4	2.1	0	0	0	0	0
Honey	—	100	3.2	0.1	0.2	1.3	0	0	1.3	0.5	0.2
Molasses (cane)	—	100	3.0	0.8	9.0	14.4	0	0.9	0	1.7	2.9
Jams and Jellies	—	100	2.8	0.1	0.3	0.6	0.1	0.3	2.5	1.9	0.2
Syrup	—	100	2.9	0	1.0	5.8	0	0	0	0.1	0.1
11. *Starches and Starchy Roots*											
Araro (Arrow root-fresh) *Maranta arundinacea* L.	—	100	1.0	0.9	0.2	2.1	0	—	—	—	—
Cassava (fresh)	—	100	1.4	0.4	1.2	2.1	0	0.3	12.5	0.9	0
	1 small 6" long 2½" dia.	287	3.9	1.0	3.4	6.0	0	0.9	35.9	2.6	0
	1 c. grated	103	1.4	0.4	1.2	2.1	0	0.3	12.9	1.0	0
	1 c. boiled mashed	130	1.8	0.5	1.5	2.7	0	0.4	16.3	1.2	0
Gabi	—	100	1.1	0.6	1.3	2.9	0.1	0.8	3.8	0.6	0.6
Kamote	—	100	1.3	0.4	0.8	2.1	Y=26.3	1.6	C=5.3 R=8.3	0.6	1.0
Nami	—	100	1.0	0.8	1.8	4.6	—	—	—	—	—
Potato	—	100	0.9	0.6	0.4	6.9	0.1	1.6	6.3	0.4	0.1
	1 med. size	100	0.9	0.6	0.4	6.9	0.1	1.6	6.3	0.4	0.1
	1 cup ½" cubes	114	1.0	0.7	0.4	7.8	0.1	1.8	7.1	0.4	0.2

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
	—	160	1.4	1.0	0.6	11.0	0.2	2.5	10.0	0.6	0.2
	1 cup ¼" cubes	200	1.7	1.2	0.7	13.7	0.2	3.1	12.5	0.7	0.3
Sago	—	100	3.5	0.1	0.7	3.8	0	0	0	0	0
Starches pure, including arrow root, corn, etc.	—	100	3.5	0.2	0	0	0	0	0	0	0
	1 T.	13	0.5	0	0	0	0	0	0	0	0
Tugi	—	100	1.1	1.0	0.5	3.3	0	0.8	—	0.6	0.6
Yam (*ubi*)	—	100	1.1	0.9	0.4	2.5	0	0.8	5.0	0.6	0.6
Yautia, *Xanthosoma sagittifolium* Schott	—	100	1.2	0.6	0.9	0.7	0.1	2.3	2.9	0.2	0.9
12. *Fats, Oils*											
Army spread, canned	—	100	5.6	2.2	8.7	1.1	17.6	0.5	0	1.8	0.1
Bacon, canned	—	100	7.1	3.3	0.5	1.9	0	4.1	0	0.9	2.1
Bacon, medium fat	—	100	6.3	3.8	0.5	1.7	0	6.6	0	0.9	2.9
Butter	—	100	1.3	0.3	0.5	0.4	18.8	Traces	0	0.1	0.1
French dressing	—	100	4.2	0.3	0.2	0.2	0	0	0	0	0
Lard	—	100	8.7	0.8	0	0.2	0	0	0	0	0
	1 T.	11	1.0	0.1	0	0	0	0	0	0	0
Margarine, fortified with Vit. A	—	100	7.4	0.3	0.1	0.4	12.4	0	0	0	0
Marine oils	—	100	9.0	0	0	0	105.3	0	0	0	0
Mayonnaise	—	100	7.2	0.6	0.7	2.1	1.3	0.6	0	0.4	0
	1 T.	14	1.1	0.1	0.1	0.3	0.2	0.1	0	0.1	0
Salad dressing	—	100	3.9	0.5	0.3	0.8	0.9	0.3	0	0.3	0
Salad or cooking oil	—	100	9.0	0	0	0	0	0	0	0	0
Salt pork fat	—	100	7.8	1.6	0.1	1.3	0	2.8	0	0.4	1.3
13. *Miscellaneous*											
Beer	—	100	.5–.6	0.1	0.2	0.2	0	Traces	0	.5–1.6	0.3

TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B1	VIT. C	RIBO.	NIACIN
		gms.									
Bouillon cubes	—	100	2.6	5.5	1.4	19.1	0	0.5	0	7.7	0.8
Chocolate candy	—	100	3.6	10.5	7.7	8.3	0.9	1.6	0	3.5	1.1
Hard candies	—	100	4	0	0	0	0	0	0	0	0
Chocolate unsweetened *Theobroma cacao* Linn..	—	100	5.2	4.3	3.8	5.6	0	Traces	0	3.6	3.2
Chocolate, sweetened	—	100	4.8	4.6	2.5	4.6	—	—	—	—	—
Cocoa *Theobroma cacao* Linn.	—	100	2.6	2.5	4.5	22.7	0.2	1.3	0	3.5	3.2
	1 T.	8	0.2	0.2	0.4	1.8	0	0.2	0	0.3	0.3
Coconut, dry, shredded ...	—	100	5.8	1.1	1.5	7.5	0	Trace	0	Trace	Trace
	1 cup	75	4.3	0.8	1.2	5.6	0	Trace	0	Trace	Trace
Coconut Water	—	100	0.2	0	0.5	0.9	0.4	0	0.5	0	0.1
Coffee, ground, roasted ..	—	100	2.9	3.9	3.4	14.0	—	—	—	0.9	18.3
Ceylon moss, *Gracelaria confervoides*	—	100	3.2	1.3	—	—	—	—	—	—	—
Froglegs	—	100	0.7	6.8	0.6	2.3	0	2.2	—	2.3	1.7
Gata (Coconut Milk)	—	100	3.5	1.1	0.9	0.2	0	Traces	0.8	Traces	0.1
	1 cup th.	212	7.4	2.4	2.0	0.4	0	Traces	1.8	Traces	0.3
Gelatin dessert powder ..	—	100	3.9	2.9	0	0	0	0	0	0	0
Locusts and other insects *Locusta migratoria manillensis*, **Meyen.**	—	100	1.5	5.7	3.6	2.1	—	—	—	—	—
Mushrooms	—	100	0.3	0.8	0.3	2.1	0	1.6	2.1	4.1	6.8
Nangka seed (Jackfruit seed)	—	100	1.7	1.2	1.5	2.9	—	2.8	—	—	—
Olives, green	—	100	1.4	0.5	3.6	4.1	2.6	Trace	—	—	—
Peanut brittle	—	100	4.4	0.3	1.4	4.2	0.2	1.4	0	0.5	6.8
Pickles, cucumber	—	100	0.1	0.2	0.9	1.9	1.2	0.2	2.9	0.2	Trace
Siguache (seed of water melon)	—	100	4.9	9.6	2.1	16.2	—	—	—	—	—
Tea	—	100	0.4	3.1	1.1	31.7	—	—	—	9.3	8.5

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TABLE XX (continued)

FOOD MATERIAL	MEASURE	WEIGHT	CALS.	PROT.	CALCIUM	IRON	VIT. A	VIT. B_1	VIT. C	RIBO.	NIACIN
		gms.									
Toddy, fermented coconut	—	100	0.1	0.1	3.9	2.7	0	—	—	—	—
Tubo (cotyledon of coconut)	—	100	3.3	2.8	—	—	—	—	—	—	—
Vinegar	—	100	0.1	0	0.3	1.0	—	—	—	—	—
Wheat germ	—	100	3.9	7.9	3.0	13.5	0	32.	0	7.4	6.4
Yeast, compressed, bakers	—	100	1.1	4.2	0.9	10.2	0	7.0	0	19.2	39.2
Yeast, dried, brewers	—	100	3.5	14.4	3.8	37.9	0	151.4	0	50.5	50.3

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APPENDIX A

TABLE XXI

DEATH RATE FROM BERIBERI IN THE PHILIPPINES[a]

YEAR	X	Y	XY	X²
1906	—17	70	—1190	289
1907	—16	27	—432	256
1908	—15	53	—795	225
1909	—14	53	—742	196
1910	—13	76	—988	169
1911	—12	79	—948	144
1912	—11	70	—770	121
1913	—10	50	—500	100
1914	—9	63	—567	81
1915	—8	66	—528	64
1916	—7	80	—540	49
1917	—6	87	—522	36
1918	—5	135	—675	25
1919	—4	131	—524	16
1920	—3	135	—405	9
1921	—2	157	—314	4
1922	—1	157	—157	1
1923	0	163	0	0
1924	+1	166	+166	1
1925	+2	163	+326	4
1926	+3	166	+498	9
1927	+4	145	+580	16
1928	+5	141	+705	25
1929	+6	168	+1008	36
1930	+7	155	+1085	49
1931	+8	146	+1168	64
1932	+9	125	+1125	81
1933	+10	133	+1330	100
1934	+11	149	+1639	121
1935	+12	126	+1512	144
1936	+13	96	+1248	169
1937	+14	108	+1512	196
1938	+15	108	+1620	225
1939	+16	117	+1872	256
1940	+17	113	+1921	289
	ΣX = 0	ΣY = 3,977	ΣXY = +8,718	ΣX² = 3,570

[a] Death rate from Beriberi obtained from Reference No. 184, (a), (b), (c), (d).

COMPUTATIONS

METHOD OF LEAST SQUARES IN FITTING A CURVE—BERIBERI DEATH RATE

$$\begin{aligned} \Sigma XY &= a\Sigma X + bX^2 & \qquad \Sigma Y &= \mathrm{Na} \\ \Sigma Y &= \mathrm{Na} + b\Sigma X & \qquad \Sigma XY &= b\Sigma X^2 \end{aligned}$$

$$a = \frac{\Sigma Y}{N}$$

$$b = \frac{\Sigma XY}{\Sigma X^2}$$

$$\begin{aligned} N &= 35 \\ \Sigma Y &= 3{,}977 \\ \Sigma XY &= 8{,}718 \\ \Sigma X^2 &= 3{,}570 \end{aligned}$$

$$a = \frac{3{,}977}{35}$$

$$a = 113.6 \text{ (approximate)}$$

$$b = \frac{+\,8{,}718}{3{,}570}$$

$$\begin{aligned} b &= 2.4 \\ y &= bx + a \qquad (1) \end{aligned}$$

Substituting these values of a and b in (1),

$$\begin{aligned} y &= +2.4x + 113.6 \\ \text{Now, if } x &= 0, \\ y &= 113.6 \\ \text{if } x &= -5 \\ y &= +\,2.4(-5) + 113.6 \\ y &= -12 + 113.6 \\ y &= +\,101.6 \\ \text{if } x &= 10 \\ y &= +\,2.4(+10) + 113.6 \\ y &= +24 + 113.6 \\ y &= +\,137.6 \end{aligned}$$

Locate points (a), (b), (c) in Chart I.

Point (a) $\left\{\begin{array}{l} x = 0 \text{ (This is the year 1923 in Table XXI)} \\ y = 113.6 \end{array}\right.$

Point (b) $\left\{\begin{array}{l} x = -5 \text{ (This is the year 1918 in Table XXI)} \\ y = 101.6 \end{array}\right.$

Point (c) $\left\{\begin{array}{l} x = 10 \text{ (This is the year 1933 in Table XXI)} \\ y = 137.6 \end{array}\right.$

TABLE XXII

FITTING THE GRAPH OF STRAIGHT LINE TREND BY THE METHOD OF LEAST SQUARES; DEATH RATE FROM PULMONARY TUBERCULOSIS IN THE PHILIPPINES[a]

YEAR	X	Y	XY	X²
1906	— 17	248	— 4216	289
1907	— 16	200	— 3200	256
1908	— 15	235	— 3525	225
1909	— 14	225	— 3150	196
1910	— 13	225	— 2925	169
1911	— 12	234	— 2808	144
1912	— 11	209	— 2299	121
1913	— 10	199	— 1990	100
1914	— 9	216	— 1944	81
1915	— 8	219	— 1752	64
1916	— 7	227	— 1589	49
1917	— 6	231	— 1386	36
1918	— 5	288	— 1440	25
1919	— 4	281	— 1124	16
1920	— 3	256	— 768	9
1921	— 2	247	— 494	4
1922	— 1	220	— 220	1
1923	0	243	0	0
1924	+ 1	242	+ 242	1
1925	+ 2	237	+ 474	4
1926	+ 3	247	+ 741	9
1927	+ 4	239	+ 956	16
1928	+ 5	245	+ 1225	25
1929	+ 6	252	+ 1512	36
1930	+ 7	244	+ 1708	49
1931	+ 8	239	+ 1912	64
1932	+ 9	218	+ 1962	81
1933	+ 10	218	+ 2180	100
1934	+ 11	219	+ 2409	121
1935	+ 12	221	+ 2652	144
1936	+ 13	214	+ 2782	169
1937	+ 14	215	+ 3010	196
1938	+ 15	219	+ 3285	225
1939	+ 16	220	+ 3520	256
1940	+ 17	216	+ 3672	289
	$\Sigma X = 0$	$\Sigma Y = 8{,}108$	$\Sigma XY = -598$	$\Sigma X^2 = 3{,}570$

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[a] Death rate from Pulmonary Tuberculosis obtained from Reference No. 184, (a), (b), (c), (d).

COMPUTATIONS

(method of least squares)

PULMONARY TUBERCULOSIS

$$\Sigma Y = Na + b\Sigma X$$
$$XY = a\Sigma X + b\Sigma X^2$$
$$y = bx + a \qquad (1)$$
$$a = \frac{\Sigma Y}{N}$$
$$b = \frac{\Sigma XY}{\Sigma X^2}$$
$$a = \frac{8{,}108}{35}$$
$$a = 234.5$$
$$b = \frac{-598}{3{,}570}$$
$$b = -.17$$

Substituting these values of a and b in (1):

Therefore, $y = -.17x + 234.5$

Now, if $x = 0$,

$$y = 234.5$$

if $x = -5$

$$y = -.17(-5) + 234.5$$
$$y = +.85 + 234.5$$
$$y = 235.35$$

if $x = 10$

$$y = -.17(10) + 234.5$$
$$y = -1.7 + 234.5$$
$$y = 232.8$$

Locate points (a), (b), (c) in Chart II.

Point (a) $\begin{cases} x = 0 \text{ (This is the year 1923 in table XXII)} \\ y = 234.5 \end{cases}$

Point (b) $\begin{cases} x = -5 \text{ (This is the year 1918 in table XXII)} \\ y = 235.35 \end{cases}$

Point (c) $\begin{cases} x = 10 \text{ (This is the year 1933 in table XXII)} \\ y = 232.8 \end{cases}$

APPENDIX B

FRUITS

COMMON NAMES	SCIENTIFIC NAMES	ENGLISH	TAGALOG	BICOL	ILOCANO	VISAYAN	PAMPANGO	MT. PROV.	PANGASINAN	MINDANAO
Atis	*Anona squamosa*, Linn.	Sugar Apple	Ates	Ates	Atis	Atis	—	—	—	—
Anonas	*Anona reticulata*, Linn.	Custard Apple	Anonas	Anonas	Anonas	Anonas	—	—	—	—
Abucado	*Persia americana*, Mill.	Alligator Pear	Avocado	Abukado	Abukado	Abukado	—	—	—	—
Balimbing	*Averrhoa carambola*, Linn.	Carambola	Balimbing	Balingbing	Daligan or Balimbing	Biriran (Leyte)	Balimbing or Galañgan	—	—	—
Bayabas	*Psidium guajava*, Linn.	Guavas	Bayabas	Bayawas	Bayabas	—	Bisbas	—	—	—
Bignay	*Antidesma bunius*, Linn.	—	Bignai	Bugnai	Bugnai	Bugnai	Isip	—	—	—
Caimito	*Chrysophyllum cainito*, Linn.	Star Apple	Kaimito	Kaimito	Kaimito	Kaimito	Kaimito	—	—	—
Calamansi	*Citrus microcarpa*, Bunge	—	Kalamansi	Sua	Kalamansi	Sutil (Ley.)	—	—	—	—
Camanchile	*Pithecolobrium dulce* (Roxb.)	—	Kamachile	Palcuaria	Kamantiris or damortis	—	—	—	—	—
Chico	*Achras sapota*, Linn.	Sapodilla	Chico	Chico	Chico	Chico	Sico	—	—	—
" Mamei	*Calocarpum sapota* (Jacq.) Merr.	Marmalade plum	Mamei	—	—	—	—	—	—	—
Cajel	*Citrus aurantium*, Linn.	Orange	Kajel or Dalandan	Kajel	Darangita	Kajel	Dalandan	—	—	—
Daranjita	*Citrus nobilis*, Lour.	Tangerine orange	Daranjita	Ransía	—	—	Dalanghita	—	—	—
Dayap	*Citrus aurantifolia*	Lime	Dayap	Sua	Dalayap or Gorong-gorong	Dulugot (Negros)	—	—	—	—
Duhat	*Eugenia cumini*, Linn.	Black plum or Java plum	Duhat	Igot or duat	Longboi	Lomboi	Duat-nasi	Dungboi (Ig.)	—	—

NAMES	SCIENTIFIC NAMES	ENGLISH	TAGALOG	BICOL	ILOCANO	VISAYAN	PAMPANGO	MT. PROV.	PANGASINAN	MINDANAO
Durian	*Durio zibethinus*, Murr.	—	Durian	—	—	—	—	—	—	Durio (Ba.) Doyan (Lan.) Durian
Granada	*Punica granatum*	Pomegranate	Granada	Granada	—	—	—	—	—	Dalima (S.)
Guayabano	*Anona muricata*, Linn.	Soursop	Guyabano	Cuyabano	Bayubana	—	Babána	—	—	Labanus (Sul.)
Kamias	*Averrhoa bilimbi*, Linn.	—	Kalamias	Kilingiha	Pisa	—	Kamias	Puis (Ig.)	—	—
Katmon	*Dilenia philippinensis* Rolfe	—	Katmon	Katmon	—	—	Palali	Bihis (Ig.)	—	
Lansones	*Lansium domesticum*, *correa*	—	Lansones	Lansones	Lanzones	Bus-bua (Ley.)	Lanzones	—	—	—
Mabolo	*Diospyros discolor* Willd.	—	Mabolo	Camagong	Mabolo	Amaga or Mabolo (Ley.)	Talang	—	—	—
Makopa	*Syzygium samarangense*	—	Makopa	Makopa	Makopa	Makopa		—	—	—
Manga	*Mangifera Indica*, Linn.	Mango	Manga	Manga	Manga	Pabo	Manga	Mangka (Ig.)	—	Mampalam (Sul.)
Mangostan	*Garcinia mangostana*, Linn.	Mangosteen	Mangostan	Mangostan	Mangostan	Mangostan	—	—	—	Mangis (Sul.)
Melon	*Cucumis melo*, Linn.	Cantaloupe	Melon	Melon	Itimon	Atimon or Katimon	Milon	—	—	Inkug (Sul.)
Nanka	*Artocarpus heterophylus* Lam.	Jackfruit	Nangka	—	—	—	—	—	—	—
Pakuan	*Citrullus vulgaris*, Schrad.	Watermelon	Pakuan	Pakuan	—	—	Pakuan	—	—	Timun (Sul.)
Papaya	*Carica papaya*, Linn.	—	—	Tapayas	—	Kapaya	Kapaya	—	—	Papaye (Sul.)
Pineapple		—	—	Piña	Zanitas or serosa	Zanitas	—	—	—	—

COMMON NAMES	SCIENTIFIC NAMES	ENGLISH	TAGALOG	BICOL	ILOCANO	VISAYAN	PAMPANGO	MT. PROV.	PANGASINAN	MINDANAO
Datiles	*Muntingia calabura*, Linn.	—	Datiles	Datiles	—	—	—	—	—	—
							—	—	—	—
Rimas	*Artocarpus altilis*	Breadfruit	Rimas	Rimas	Rimas	—	—	—	—	—
Saba	*Musa paradisiaca*, Linn.	Plantain	Saba	Calibo	Dippig	—	—	—	—	—
Sampaloc	*Tamarindus indica*, Linn.	Tamarind	Sampaloc	Sampaloc or Sambak	Salamagi	Kalamagi Ibn.	Sampaloc	—	—	Asam (Sul.)
Santol	*Sandoricum koetjape* (Burm f.) Merr.	—	Santol	Santol	Santol	Santol	Santol	—	—	—
Sineguelas	*Spondias purpurea*, Linn.	Plum	Sineguelas	Siriguelas	Sarguelas	Siniguelas	—	—	—	—
Suha	*Citrus grandis*, Osbeck	Pomelo	Lukban	Lukban	Sua	—	—	—	—	—
Yambo	*Syzygium malaccense*, Linn.	Malay apple	Yambo	Hagis	—	—	—	—	—	—

VEGETABLES

Alagaw	*Premna odorata*, Blanco	—	Alagaw	Agbau	Alagau	—	Panubhat langli	Guachal (Ig.)	Agdau	—
Alughati	*Basella rubra*, Linn.	Malabar night-shade	Alughati or libato	Arogbati	Ilaibakir	Alughati	—	—	—	Dundula (Sul.)
Ampalaya	*Momordica charantia*, Linn.	Bitter gourd or Balsam pear	Ampalaya	Marigoso	Paria	Amorgoso	Apalia	Palia (If.)	—	—
Apulid	*Eleocharis dulcis*, Burm, f.	Water chestnut	Apulid	—	—	—	—	—	—	—
Batao	*Dolichos lablab*, Linn.	Hyacinth bean	Batao	Batau	Parda-alap	Batau	—	Itab (If.)		
Bawang	*Allium sativum*, Linn.	Garlic	Bawang	Bawang	Bawang	—	Bawang	—	—	—
Carrot	*Daucus carota*, Linn.	Carrot	Karot	Karot	Karot	—	—	—	—	—
Castañas	*Castanea vulgaris*, Lam.	Chestnut	Kastañas	Kastañas	Kastañas	—	—	—	—	—

COMMON NAMES	SCIENTIFIC NAMES	ENGLISH	TAGALOG	BICOL	ILOCANO	VISAYAN	PAMPANGO	MT. PROV.	PANGASINAN	MINDANAO
Chayote		Chayote	Sayote	Sayote	Sayote	—	Sayote	—	—	—
Chicharo	*Pisum sativum*, Linn.	Peas	Chicharo	Guisantes	Guisantes	—	—	—	—	—
Dilao	*Curcuma longa*, Linn.	Turmeric	Dilao	—	Kulyaw or Kunig	Kalabaga	Kulalo or pañgas or angai	—	—	—
Escarola	*Cichorium endiva*	Endive	Escarola	Escarola	—	—	—	—	—	—
Gabi	*Colocasia esculenta*, Linn.	Taro	Gabi	Linsa, nutong	Aba, Ana	Kimpoi	Gandus	—	—	—
Garbanzos	*Cicer arietinum*, Linn.	Chick pea	Garbanzos	Garbanzos	Garbanzos	Garbanzos	—	—	—	—
Habichuelas	*Phaseolus vulgaris*, Linn.	Snapbeans	Habichuelas verdes	—	—	—	—	—	—	—
Halon	*Amaranthus paniculatus*, Linn.	—	Halon	Kadlaps	Kalunai	Kudiapa	—	—	—	—
Himbabau		—	—	—	—	—	—	—	—	—
Kadios	*Cajanus cajan*, Linn.	Pigeon Pea	Gablos, kadios, kalios	Tabios	Kardis	Kadios	—	Kadis (If.)	—	—
Kakawati	*Gliricidia sepium*, Jacq.	—	Kakawati	Madre cacao	Madre cacao	—	—	—	—	Mandiri kakau (Sul.)
Kalabasa	*Cucurbita maxima*, Duchesne	Squash	Kalabasa	Kurubasa	Karabasa	—	Kulubasa	—	—	Kabri
Kamote	*Ipomea batatas*, Linn. Poir	Sweet potato	—	—	—	—	Kamute	Lapni (If.)	—	—
Kamoteng kahoy	*Manihot utilissima*, Pohl.	Cassava	Kasava	Kasava	—	—	Kamuting dutung	—	—	—
Kangkong	*Ipomea aquatica*, Forsk	Swamp cabbage	Kangkong	Kangkong	Tangkong or balañgeg	—	—	—	—	Tangkong (Sul.)
Kaong	*Arenga pinnata* (Wurmb.) Merr.	Sugar palm	Kaong	Hagol	Rapitan	—	—	—	—	—
Kasuy		—	—	—	—	—	Balubad	—	—	—

COMMON NAMES	SCIENTIFIC NAMES	ENGLISH	TAGALOG	BICOL	ILOCANO	VISAYAN	PAMPANGO	MT. PROV.	PANGASINAN	MINDANAO
Katuray	*Sesbania grandiflora*, Linn.	—	Katuray	—	Katuday	Gaway-gaway	—	—	Katural	Kambang turi (Sul.)
Kintsay	*Apium graveolens*, Linn.	Chinese celery	Kinchay	Kinchay	Kinchay	—	Kinchay	—	—	—
Koliflor	*Brassica oleracea*, L. var. *botrytis*, D.C.	Cauliflower	Koliflor	Koliflor	Koliflor	Koliflor	Koliflor	—	—	—
Kolitis	*Amaranthus viridis*, Linn.	Kulitis	Kulitis	Kilitis	Kalunay or siitan	—	—	—	—	—
Kondol	*Benincasa hispida*, (Thunb.)	Wax gourd	Kondol	Rodal	—	Kondol	Kundul	—	—	Kundul (Sul.)
Kulasiman	*Portulaca oleracea*	Purslane	—	—	Ngalog	—	—	—	—	—
Kutsay	*Allium odorum*, Linn.	Leek	Kutsai	Kutsay	Kutsay	Ganda	—	—	—	—
Lechugas	*Lactuca sativa*, Linn.	Lettuce	Lechugas	Lechugas	Lichugas	—	Lichugas	—	—	—
Labong	*Bambusa vulgaris*, Schrad.	Bamboo shoots	Labong	Lambo	Rabong	Tambo	Labong	—	—	—
Labanos	*Raphanus sativus*, Linn.	Radish	Labanos	Rabanos	Rabanos	—	Labanos	—	—	—
Luya	*Zingiber officinale*	Ginger	Luya	—	Baseng, laya	—	Laya	Laiya (If.)	Angat	—
Malungay	*Moringa oleifera*, Lam.	Horseradish	Malungai	Kalungai	Marungai	Kamalongai	Kamalung-ne dool	—	—	—
Macapuno	*Cocus nucifera*	Sport fruit	Makapuno	Makapuno	—	—	—	—	—	—
Mani	*Arachis hypogaea*, Linn.	Peanut	Mani	Mani	Mani	Mani	—	—	—	—
Mungo	*Phaseolus aureus*, Roxb.	Mung beans	Mongo or Balatong	Mungo	Balatong	—	—	—	—	—
Mustaza	*Brassica integrifolia*, West	Mustard green	Mostaza	—	—	—	Mustaza	—		
Nami	*Dioscorea hispida*, Dennst.	—	Nami	Mamo	Karot	Kalot	—	—	—	—
Niog	*Cocos nucifera*, Linn.	Coconut	Niog	—	Niog	—	Uñgut	—	—	—
Okra	*Abelmoschus esculentus*, Linn.	Okra	Okra	Okra	Okra	—	—	—	—	—
Pasyap		—	Pasyap	Hantak	Utong	—	—	—	—	—

COMMON NAMES	SCIENTIFIC NAMES	ENGLISH	TAGALOG	BICOL	ILOCANO	VISAYAN	PAMPANGO	MT. PROV.	PANGASINAN	MINDANAO
Pako	*Athyrium esculentum* (Retz.) Copel	Fern	Pako	Pako	Pako	—	—	—	—	—
Patatas	*Solanum tuberosum*, Linn.	Potato	Patatas	Patatas	Patatas	—	—	—	—	—
Patani	*Phaseolus lunatus*, Linn.	Lima bean	Patani	Patani	Parda or palpalay	Patani	—	—	—	—
Patola	*Luffa acutangula*, Linn.	Sponge gourd	Patola	Patola	—	—	Patola	Puida (Ig.)	—	—
Pepino	*Cucumis sativus*, Linn.	Cucumber	Pepino	Pipino	Pipino	Kalabaga	—	—	—	Madas (Sul.)
Peregil	*Carum petroselinum*, Benth.	Parsley	Perejil	Perejil	Perejil	—	—	—	—	—
Petsay	*Brassica juncea* (Linn.) Coss.	Chinese cabbage	Petsay	Petsay	Petsay	—	—	—	—	—
Pili nut	*Canarium luzonicum* (Blume) A. Gray	—	Pili	Malapili	—	—	—	—	—	—
Repollo	*Brassica oleracea*, Linn.	Cabbage	Repollo	—	—	—	Repollo	—	—	—
Saluyot	*Corchorus olitorius*, Linn.	—	Pasau	—	Saluyot	Lumbai	—	—	—	—
Seguidillas	*Psophocarpus tetragonolobus*, Linn.	Goa or winged-bean	Sigarillas	—	—	—	—	—	—	—
Sibuyas, tagalog	*Allium cepa*, Linn. var. *ascalonicum* (L.) Backer	Shallot	Sibuyas-tagalog	—	Lasona	—	Sibuyas	—	—	—
Sibuyas	*Allium cepa*, Linn.	Onion	Sibuyas-bombay	—	Lasona	—	—	—	—	—
Sili	*Capsicum annuum*, Linn.	Green pepper	Sileng bilog	Sili	Sili	—	—	—	—	—
Sili labuyo	*Capsicum frutescens*, Linn.	Chile pepper	Pasitis, sileng labuyo	Lada, remarino	—	Kitikot or katumbal	—	—	—	Lada (Sul.)

COMMON NAMES	SCIENTIFIC NAMES	ENGLISH	TAGALOG	BICOL	ILOCANO	VISAYAN	PAMPANGO	MT. PROV.	PANGASINAN	MINDANAO
Sinkamas	*Pachyrrhizus erosus* (Linn.) urb.	Yam bean	Sinkamas	—	Kamas	—	Sikamas	—	—	—
Sitaw	*Vigna sesquipedalis*, Frasw.	Cowpea	Sitao	Hantak	Utong	Hamtak (Ley.)	Kamañg-iang	—	—	—
Soybean	*Glycine max* (Linn.) Merr.	Soy bean	Utau	—	—	—	—	—	—	—
Talong	*Solanum melongena*, Linn.	Eggplant	Talong	Talong	Tarong	Tayong (Ley.)	Balasenas	—	—	Tolung (Su.)
Talinum	*Talinum triangulare* (Jacq.) Willd	—	Talinum	Talinum	Talinum	Talinum	Talinum	—	—	—
Togue	*Phaseolus aureus*, Roxb	Mung bean sprout	Togue	Taogo	Toge	Toge	—	—	—	—
Tomatoes	*Lycopersicum esculentum*, Mill.	Tomatoes	Kamatis	—	—	—	—	—	—	—
Tugi	*Dioscorea esculenta* (Lour.) Burkill	—	Tugi	Kamiging	Boga	—	—	—	—	—
Ubi	*Dioscorea alata*, Linn.	Yam	Ubi	—	—	—	—	—	—	—
Ulasiman	*Portulaca oleracea*	—	Kulasiman	—	—	—	—	—	—	—
Unsoy	*Coriandrum sativum*, Linn.	Coriander	Unsoy culantro	—	—	—	—	—	—	—
Upo	*Lagenaria siceraria* (Mol.) Standley	Bottle gourd	Upo	—	—	—	—	—	—	—

FISHES

COMMON NAMES	SCIENTIFIC NAMES	ENGLISH	TAGALOG	BICOL	ILOCANO	VISAYAN	PAMPANGO	PANGASINAN
Abo	*Otolithus argenteus*	Croaker	Abo	Abo	—	Abo	—	Gulama
Alakaak	*Pseudosciaena anea*	Plain Croaker	Alakaak	Arakaak	Alakaak	—	Alakak	—
Albacore	*Neothunnus macropterus*	Yellowfin tuna	Tambakol or Albakora	Malaguno	—	Balarito	—	—

COMMON NAMES	SCIENTIFIC NAMES	ENGLISH	TAGALOG	BICOL	ILOCANO	VISAYAN	PAMPANGO	PANGASINAN
Apahap	*Lates calcalifer*	Silver Sea Bass	Apahap	Apahap	Apasp	—	Apap	Apaap
Asohos	*Sillago Sihama*	Sillago	Asohos	Osuos	Oso-os	Osoos	Osos	—
Asugon	Family *Sphyraenidae*	Barracuda	Asugon	Dugso, Manabang, Tilso,	—	—	Rompe kandado	Babayo
Ayuñgin	*Datnia plumbea*	Grunt	Ayuñgin	—	Sisiau	—	—	Ayuñgin
Bacalao	*Gadus* sp.	Cod	Bakalaw	Bakalaw	Bakalaw	Bakalaw	Bakalao	Bakalao
Bakoko	Family *Pomadasidae* *Aparus Berda*	Porgy	Bakoko	Bakoko	Bakoko	Bakoko	Bakoko	Bikoko
Banak	Family *Mugilidae*	Mullet	Banak	Balanak	Purong	Bayanak	Balanak	Balanak
Bañgus	*Chanos chanos*	Milk Fish	Bañgos	Banglus or Bañgus	Awa (large) Banglot Bañgas	Banglis Bangus Banglus Bangros	—	Bultil
Bidbid	*Elops hawaiiensis*	Ten pounder	Bidbid	Tañgiron	Bidbid	Alho	Bidbid	Bayirbir
Bikaw	*Eleutheronema tetradactylum*	Threadfin	Bikaw	Kugao	Ku-gao	—	—	Kagau
Bisugo	*Nemipterus* sp.	Besugo	Bisugo, Bagu	Bisugo	Bisugo	Bisugo	—	Bitsugo
Biya	*Glossogobius giurus*	Goby	Biya	Oro-on	Bai-la	Ubog	Biyang maputi	—
Buging	Family *Hemiramphidae*	Halfbeak	Bararot, Buging, Paslay, Siliu	—	Barambam	Buloy, Ianiri	Sesiwi	—
Buwan-buwan	*Megalops cyprinoide*	Tarpon	Buwan-buwan	Bulan-bulan	—	—	Buobuan	—
Dalag	*Ophicephalus striatus*	Mudfish	Dalag	Haruan ulan (Tge)	—	Ayugsok	—	Guelue-guelue
Dalagang bukid	*Caesio chrysozonus*	Caesio	Dalagang-bukid	Sulig	—	—	Dalagang bukid	—
Dapa	Family *Pleuronectidae*	Flounder	—	Palad	Dadale	Palad	—	—
Dilat	*Ilisha hoeveni*	Big eyed herring	Dilat	Matang baka Bas-an	Matnan	Dumpilas buyao	—	—

COMMON NAMES	SCIENTIFIC NAMES	ENGLISH	TAGALOG	BICOL	ILOCANO	VISAYAN	PAMPANGO	PANGASINAN
Dilis	*Stolephorus commersoni*	Long jawed anchovy	Dilis	Bulinao	Monamon	Bulinao mana-bun-ak	Dires	Monamon
Dulong	*Mirogobius lacustris*	Lake goby	Dulong	Sinarapan	Ipon	Tabios	—	—
Hasahasa	*Rastrelliger brachysomus*	Short bodied mackerel	Hasahasa	Barao Aguma-a Kabalyas	Hasahasa	Hasahasa	Asa-asa	—
Hito	*Clarias batrachus*	Fresh water Catfish	Hito	Ito	Paltat	Pantat	Ito	Pantat ali-mudan
Kabasi	*Anodontosoma chacunda*	Gizzard shad	Kabasi	Kabasi	Kabasi	Kabasi	Kabasi	Kabasi
Kalaso	Family *Synodontidae*	Lizard Fish	Kalaso	—	Daldalag	Tiki-tiki	—	—
Kanduli	*Arius Manilensis*	Sea Catfish	Kanduli	Kanduli	Kanduli	—	Kanduli	—
Kasisung	*Scombercoides* sp.	Leather jacket	Kasisong	Lapes	Kulangit	Salindato	Lapis	—
Kitang	*Scatophagus argus*	Spade fish	Kitang	Kikiro	Malaga	Akikiro ngisi-ngisi	—	—
Labahita	*Acanthurus*	Surgeon fish	Labahita	Katditan	Labahita	Pako	—	—
Lapu-lapu	Family *Serranidae*	Grouper	Lapu-lapu	Baraka lapu-lapu	Kakab Bato-bato	Lapu-lapu	Lapu-lapu	Takulid
Malabanos	*Muraenidae*	Moray	Malabanos	—	—	Indong	Malibanos	—
Malapito	*Caranx* sp.	Pampano	Malapito	Marapini	—	—	—	—
Malakapas	Family *Gerridae*	Mojarra	Malakapas	Malagapas	—	—	Malakapas	—
Malasugi	*Xiphias Gladius*	Swordfish	Malasugi	Malasugi	—	Pantayaan Dogso	—	—
Mamaling babae	*Polynemus microstoma*	small mouthed threadfin	Mamaling babae	—	Kugan	—	Mamali	—
Mañgañgat	*Lutianus argentimaculatus*	Silver-spotted gray snapper	Mañgañgat	Mangagat or Batangal	—	—	—	—
Matang baka	*Coranx crume nophthalmos*	—	—	Matang-baka	—	—	—	—
Maya-maya	*Luthanus malabaricus*	Red snapper	Maya-maya	Maya-maya	Maya-maya	Maya-maya	Maya-maya	Maya-maya
Mayang	*Platax orbicularis*	Leaf fish	Mayang	—	—	—	—	Mayang
Palos	*Synbranchus bengalensis*	Fresh watereel	Palos	Kasile	Igat	Silo	Igat	—

COMMON NAMES	SCIENTIFIC NAMES	ENGLISH	TAGALOG	BICOL	ILOCANO	VISAYAN	PAMPANGO	PANGASINAN
Salaysalay	*Caranx* sp.	—	Salay-salay	Salay-salay	Salay-salay	Salay-salay	—	—
Samaral	Family *Teuthidae*	Siganid	Samaral	—	—	—	—	—
Sapsap	Family *Leiognathidae*	Slipmouth	Sapsap	Sapsap	Sapsap	Aputol	Sapsap	—
Saramulyete	Family *Mullidae*	Goatfish	Saramulyete	—	—	—	Saramulyete	—
Sigasigaro	Family *Sphyraenidae*	Barracuda (small)	Sigasigaro	Titso	—	—	—	—
Silinyasi or Siliñasi	*Sardinella fimbriata*	Fimbriated sardine	—	Laulao	—	—	—	—
Siriu	Family *Hemiramphidae*	Halfbeak	Siliu	Sigwil	—	—	—	—
Sudsod	Family *Rhinobatidae*	Guitar fish	Sudsod	—	—	—	—	—
Sunog	Family *Platicephalidae*	Flathead	Sunog	Itang	—	—	—	—
Tabas or Chabita	*Mene maculata*	Moonfish	—	—	—	—	—	—
Tagan	Family *Pristidae*	Sawfish	Tagan	—	—	—	—	—
Talakitok	Family *Carangidae*	Cavalla	Talakitok	Tarakitok	Talakitok	Talakitok Trakitok	Talakitok	—
Talilong	Family *Mugilidae*	Mullet fingerling	Talilong	Ararar	—	Utop gusaw	—	—
Tamban	*Sardinella longiceps*	Indian sardine	Tamban	Turay	Tamban	Tuloy Tamban	—	—
Tanggingi	*Scomberomorus commerson*	Spanish mackerel	Tangginge	Tangige	Tanginge	Tañgige	Tanigi	—
Tawilis	*Harengula tawilis*	Fresh water sardines	Tawilis	Sarabasib	Biles	Manamsi	—	—
Tinikan	*Anabas testudineus*	Climbing perch	Tinikan	Puyo, atas	Arraro	Gutan, puyo	Liwalo	—
Tulingan	Family *Thunnidae*	Tuna fish	Tulingan	Turingan	Tulingan	Turiñgan	—	—
Tursilyo	Family *Sphyraenidae*	Barracuda	Tursilyo	Bangkulis (large) Batig (sm.) Dugso	Babayo	—	—	—
Tunsoy	*Sardinella fimbriata*	Fimbriated sardine	Tunsoy	Turay	—	—	—	—
Tuyo	Family *Mullidae*	Goatfish	Tuyo	Agingay Amarilis	Balaki, Tiao	Genok	Tiyo	—